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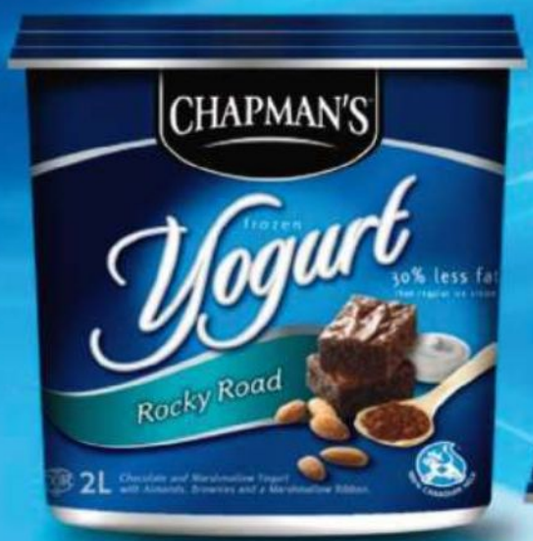

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From the Editor

Most of us think that heart disease probably won't affect us or our loved ones. However, as our nutritionist, Cara Rosenbloom, points out, it very well could. Every seven minutes, someone in Canada dies from heart disease. It's the No. 1 cause of death for both men and women in Canada. It touched my life, too, when my husband had a heart attack. Although his was determined to be related to genetics, he immediately changed his habits. He now exercises, reads nutrition labels and maintains a healthy food regimen – and I'm happy to say he looks and feels better than ever.

Although there are some risk factors you can't control, such as age, gender or genetic makeup, you can definitely decrease your risk if you make healthy lifestyle choices. Being physically active, eating well and not smoking are first steps. Our *Eat Right, Recipes for Heart Health,* with its delicious recipes plus heart-health tips, will help with these goals – and definitely belongs in your cookbook collection.

From our hearts to yours,

Susan Antonacci, editor-in-chief

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1 The Basics of Healthy Eating

You can make healthy lifestyle choices to help decrease your risk of developing heart disease, even though some risk factors can't be controlled (such as age, gender or genetic makeup). Eating well, being physically active and not smoking are small steps that can have a large impact on your heart health.

By Cara Rosenbloom, RD

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"Eat well. It's good for your heart." It's a phrase we hear constantly, but too many of us ignore this sage advice. Maybe it's because we don't understand the connection between healthy lifestyles and heart disease prevention, or perhaps we think, Heart disease won't happen to me.

But it could. Every seven minutes, someone in Canada dies from heart disease. In fact, it's the number one cause of death for Canadian men and women. And, it's largely preventable. Here are 10 healthy lifestyle tips to help you keep your ticker in top shape.

1 | KNOW YOUR NUMBERS

Visit your physician and have your blood pressure, cholesterol and blood sugar levels checked. If these numbers are out of whack, your chances of developing heart disease are increased. Follow your doctor's advice – dietary changes or medications may be recommended.

2 | BE PHYSICALLY ACTIVE

Couch potatoes who make the healthy choice to become physically active can reduce their risk of having a heart attack by up to 55 per cent. Aim for one hour of physical activity on most days of the week.

3 | BUTT OUT

Smoking is responsible for almost 15 per cent of all heart disease and stroke deaths. Within one year of quitting, the risk of dying from smoking-related heart disease is cut in half. Take steps to quit by visiting smokershelpline.ca.

4 | MAINTAIN A HEALTHY BODY WEIGHT

Being overweight is a key risk factor for developing heart disease. The first step to losing weight is to cut calories by reducing portion sizes. Work with a registered dietitian (find one at dietitians.ca/find) to develop a healthy weight-control plan.

5 | OPT FOR BETTER FATS

Reduce intake of saturated and trans fats, and choose foods that contain healthy polyunsaturated or monounsaturated fats instead. This would mean choosing oil instead of butter; opting for fish instead of meat; and snacking on nuts rather than pastries.

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6 | INCREASE VEGETABLE AND FRUIT INTAKE

About 50 per cent of Canadian adults consume fewer than five servings of vegetables and fruit per day, but should be getting six to eight servings. Enjoy fruit and vegetables with every meal. Toss berries into breakfast cereal. Have a salad with lunch. Stir-fry broccoli at dinner and have a banana for dessert.

7 | ENJOY WHOLE GRAINS

Whole grains contain a magic combination of fibre, vitamins, minerals and antioxidants. This heart-healthy combo can't be reproduced in white rice or white flour products, such as bread, pasta and baked goods. Stick with whole wheat, oats, barley, quinoa and brown rice most often.

8 | CHOOSE FATTY FISH INSTEAD OF MEAT

Rich in heart-protective omega-3 fats, fish, such as salmon, trout, tuna, herring and mackerel, should be eaten two or three times a week. Healthy omega-3 fats can help lower blood pressure and triglyceride levels, and reduce your risk of heart disease.

9 | COOK AT HOME – FROM SCRATCH – MORE OFTEN

Restaurant meals and processed foods are very high in salt, which, when consumed in excess, can raise blood pressure levels. Almost 80 per cent of the sodium we consume comes from processed and packaged foods, while only five per cent is added while cooking. Preparing more home-cooked meals can help reduce your sodium intake.

10 | READ NUTRITION FACTS PANELS

Those number-heavy rectangles that appear on all packaged foods hold very valuable information. Look for foods that have no trans fat (or as little as possible) and less than 10 per cent daily value of sodium per serving.

PHOTOGRAPHY (FROM TOP): GEORGE DOYLE/THINKSTOCK; THINKSTOCK; ABLEIMAGES/THINKSTOCK

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Smashed Beans on Toast, page 11

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2 Appetizers

Whether you are hosting a fancy party or an intimate meal for two, begin the event with some of these heart-healthy starters. Bite-size and full of flavour, each savoury delight packs a nutritional punch that will keep your heart – and tastebuds – happy.

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Garlic Flatbread

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Garlic Flatbread

✱ Reduce salt to ¼ tsp (1 mL) or omit altogether.

Prep: 15 minutes
Cook: 10 minutes
Makes: 4 servings

2 tbsp (30 mL) **extra-virgin olive oil**
1 large clove **garlic,** minced
½ tsp (2 mL) each **salt** and **dried oregano**
¼ tsp (1 mL) **hot pepper flakes**
8 oz (250 g) whole wheat **pizza dough**

In small bowl, combine oil, garlic, salt, oregano and hot pepper flakes; set aside.

On lightly floured surface, divide dough in half; shape each into disc. Roll out each into 8-inch (20 cm) oval. Place on greased grill over medium heat; close lid and grill for 5 minutes.

Turn and brush with oil mixture. Close lid and grill until crisp and golden, about 5 minutes. Transfer to cutting board and cut into pieces.

PER SERVING: about 186 cal, 6 g pro, 8 g total fat (1 g sat. fat), 28 g carb, 5 g fibre, 0 mg chol, 627 mg sodium, 9 mg potassium. % RDI: 3% calcium, 10% iron, 1% vit A.

Smashed Beans on Toast

✱ Use whole grain baguette. To cook beans, see "Dried Beans," page 120.

Prep: 10 minutes
Cook: 8 minutes
Makes: 32 pieces

1 **sourdough baguette**
⅓ cup (75 mL) **extra-virgin olive oil**
3 cloves **garlic,** minced
3 cups (750 mL) **cooked white kidney beans**
2 tsp (10 mL) minced **fresh sage** or parsley
½ tsp (2 mL) **salt**
½ cup (125 mL) **bean cooking liquid** or water
⅓ cup (75 mL) shaved **Parmesan cheese**

Slice baguette diagonally into 32 slices. Brush 2 tbsp (30 mL) of the oil onto 1 side of slices. Broil on baking sheet, 3 inches (8 cm) from heat and turning once, until crisp and golden, about 2 minutes. Set aside.

In skillet, heat remaining oil over medium heat; cook garlic, stirring, until fragrant, about 30 seconds.

Stir in beans, sage and salt; cook, stirring, for 3 minutes, mashing with wooden spoon just until broken (not pasty).

Stir in bean cooking liquid; cook, stirring, for 2 minutes. Spoon heaping 1 tbsp (15 mL) onto each toast; top with cheese.

PER PIECE: about 70 cal, 3 g pro, 3 g total fat (1 g sat. fat), 8 g carb, 1 g fibre, 1 mg chol, 105 mg sodium. % RDI: 2% calcium, 4% iron, 13% folate.

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Citrus Herb Chicken Bites

✱ Using homemade marinade is a great way to reduce sodium in your diet, because bottled sauces are often high in salt.

Prep: 20 minutes **Marinate:** 2 hours
Cook: 6 minutes
Makes: 24 skewers

1½ lb (750 g) **boneless skinless chicken breasts**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**

CITRUS HERB MARINADE:
¼ cup (60 mL) chopped **fresh coriander**
3 tbsp (45 mL) **extra-virgin olive oil**
1 tsp (5 mL) each grated **lemon rind** and **orange rind**
1 tbsp (15 mL) each **lemon juice** and **orange juice**
2 cloves **garlic,** minced
¼ tsp (1 mL) **ground coriander**
¼ tsp (1 mL) **hot pepper sauce**

CITRUS HERB MARINADE: In large bowl, whisk together fresh coriander, oil, lemon and orange rinds, lemon and orange juices, garlic, ground coriander and hot pepper sauce; set aside.

Cut chicken into forty-eight 1-inch (2.5 cm) cubes; add to marinade and toss to coat. Cover and refrigerate for 2 hours.

Onto each of 24 small skewers or sturdy toothpicks, thread 2 chicken cubes. Place, 1 inch (2.5 cm) apart, on foil-lined baking sheet. Brush with remaining marinade; sprinkle with salt and pepper.

Broil, turning once, until chicken is browned and no longer pink inside, 6 to 8 minutes.

PER SKEWER: about 47 cal, 6 g pro, 2 g total fat (trace sat. fat), trace carb, 0 g fibre, 17 mg chol, 63 mg sodium. % RDI: 1% iron, 2% vit C.

SWITCH IT UP

Curried Chicken Bites

Omit Citrus Herb Marinade. Substitute 3 tbsp (45 mL) vegetable oil; 2 tbsp (30 mL) lime juice; 1 tbsp (15 mL) minced gingerroot; 2 tsp (10 mL) mild curry paste; and 1 clove garlic, minced.

Sesame Teriyaki Chicken Bites

Omit Citrus Herb Marinade. Substitute 3 tbsp (45 mL) sesame oil; 2 tbsp (30 mL) teriyaki sauce; 1 tbsp (15 mL) minced gingerroot; 1 tbsp (15 mL) toasted sesame seeds; 1 tbsp (15 mL) lemon juice; 1 green onion, minced; and 1 clove garlic, minced.

Five-Spice Chicken Bites

Omit Citrus Herb Marinade. Substitute 3 tbsp (45 mL) vegetable oil; 2 tbsp (30 mL) sodium-reduced soy sauce; 1 tbsp (15 mL) lime juice; 2 cloves garlic, minced; ½ tsp (2 mL) five-spice powder; and pinch granulated sugar.

Peanut Chicken Bites

Omit Citrus Herb Marinade. Substitute 2 tbsp (30 mL) coconut milk; 1 tbsp (15 mL) minced gingerroot; 1 tbsp (15 mL) each vegetable oil and rice vinegar; 1 tbsp (15 mL) natural peanut butter; 1 green onion, minced; 2 cloves garlic, minced; and ½ tsp (2 mL) hot pepper sauce.

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Shrimp and Dill Salad Cucumber Bites

✻ Use light mayonnaise. Omit or reduce salt on cucumbers.

Prep: 15 minutes **Stand:** 30 minutes
Makes: 24 pieces

2 **English cucumbers**
1 tsp (5 mL) **salt**

SHRIMP SALAD:
1 pkg (340 g) small (112/188s) **cooked frozen shrimp,** thawed
2 tbsp (30 mL) **mayonnaise**
1 tbsp (15 mL) chopped **fresh dill**
1 tsp (5 mL) grated **lemon rind**
2 tsp (10 mL) **lemon juice**
Pinch **pepper**

Using vegetable peeler, peel off strips of cucumber skin lengthwise to create stripes; cut crosswise into ¾-inch (2 cm) thick slices.

Using melon baller or teaspoon, scoop out about 1 tsp (5 mL) pulp from centre of each slice, leaving base intact. Sprinkle slices with salt; invert onto paper towel–lined tray and let stand to drain for 30 minutes.

SHRIMP SALAD: In bowl, stir together shrimp, mayonnaise, dill, lemon rind and juice, and pepper. Spoon into cucumber hollows.

PER PIECE: about 26 cal, 3 g pro, 1 g total fat (trace sat. fat), 1 g carb, trace fibre, 28 mg chol, 66 mg sodium. % RDI: 1% calcium, 4% iron, 1% vit A, 2% vit C, 2% folate.

SWITCH IT UP

Crab and Mango Salad Cucumber Bites

Omit Shrimp Salad. Substitute 1 pkg (200 g) frozen crabmeat, thawed and squeezed dry; ½ cup (125 mL) finely diced peeled mango; ¼ cup (60 mL) mayonnaise; 1 tbsp (15 mL) minced jalapeño pepper; 1 tbsp (15 mL) lime juice; and pinch each salt and pepper.

Greek Salad Cucumber Bites

Omit Shrimp Salad. Substitute ½ cup (125 mL) each finely diced sweet red and green pepper; ⅓ cup (75 mL) crumbled feta cheese; ¼ cup (60 mL) each finely diced red onion and black olives; 1 tbsp (15 mL) each extra-virgin olive oil and red wine vinegar; ½ tsp (2 mL) Dijon mustard; ¼ tsp (1 mL) dried oregano; and pinch each salt and pepper.

Smoked Salmon Cucumber Bites

Omit Shrimp Salad. Substitute half pkg (250 g pkg) cream cheese, softened, and 2 tbsp (30 mL) sour cream. Spoon into cucumber hollows. Top each with small piece smoked salmon. Sprinkle with 2 tbsp (30 mL) chopped fresh chives.

Sour Cream and Caviar Cucumber Bites

Omit Shrimp Salad. Divide ½ cup (125 mL) sour cream evenly among cucumber hollows. Top each with scant ¼ tsp (1 mL) caviar.

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Shrimp and Green Onion Mini-Pancakes

✱ Substitute 1 cup (250 mL) whole wheat flour for 1 cup (250 mL) all-purpose flour. Use omega-3 eggs. Use sodium-reduced soy sauce.

Prep: 10 minutes
Cook: 20 minutes
Makes: 24 pieces

1 cup (250 mL) **all-purpose flour**
1 tbsp (15 mL) **cornstarch**
¼ tsp (1 mL) **salt**
1 **egg**
1 cup (250 mL) **raw medium shrimp,** peeled and chopped
2 **green onions,** chopped
1 **hot red pepper** or jalapeño pepper, seeded and thinly sliced
1½ tbsp (22 mL) **vegetable oil**

GARLIC SOY SAUCE:
2 tbsp (30 mL) **soy sauce**
2 tsp (10 mL) **rice vinegar**
1 tsp (5 mL) **sesame oil**
1 clove **garlic,** minced

GARLIC SOY SAUCE: In small bowl, stir together soy sauce, vinegar, oil and garlic; set aside.

In large bowl, whisk together flour, cornstarch and salt; stir in 1 cup (250 mL) ice water until smooth. Beat in egg just until blended. Stir in shrimp, onions and hot pepper.

In cast-iron or nonstick skillet, heat 2 tsp (10 mL) of the oil at a time over medium heat. Drop in batter, 1 tbsp (15 mL) per pancake, and cook, turning once, until top is set and bottom is golden, about 6 minutes. Serve hot or at room temperature with sauce.

PER PIECE: about 39 cal, 2 g pro, 1 g total fat (trace sat. fat), 5 g carb, trace fibre, 15 mg chol, 109 mg sodium, 25 mg potassium. % RDI: 1% calcium, 3% iron, 1% vit A, 2% vit C, 6% folate.

Caraway Walnuts

✱ Omit or reduce salt. Walnuts are high in beneficial omega-3 fats.

Prep: 5 minutes
Cook: 18 minutes
Makes: 3 cups (750 mL)

3 cups (750 mL) **walnut** halves
2 tbsp (30 mL) **walnut oil** or olive oil
¾ tsp (4 mL) **caraway seeds**
½ tsp (2 mL) **sea salt** or kosher salt

In large bowl, stir together walnuts, oil, caraway seeds and salt. Spread on parchment paper–lined baking sheet.

Bake in 325°F (160°C) oven until golden and fragrant, about 18 minutes. Let cool.

PER 1 TBSP (15 mL): about 46 cal, 1 g pro, 5 g total fat (trace sat. fat), 1 g carb, trace fibre, 0 mg chol, 16 mg sodium, 28 mg potassium. % RDI: 1% calcium, 1% iron, 3% folate.

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Shrimp and
Green Onion
Mini-Pancakes

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Classic Cocktail Shrimp

Prep: 10 minutes
Cook: 5 minutes
Makes: 24 pieces

2 lb (1 kg) **large shrimp,** peeled and deveined

SAUCE:

½ cup (125 mL) **ketchup**
2 tbsp (30 mL) **horseradish**
2 tbsp (30 mL) **lemon juice**
2 tsp (10 mL) **Worcestershire sauce**
¼ tsp (1 mL) **hot pepper sauce**

In pot of boiling salted water, cook shrimp until pink, about 5 minutes. Drain and chill in ice water. Drain again and pat dry. Arrange on platter.

SAUCE: In bowl, stir together ketchup, horseradish, lemon juice, Worcestershire sauce and hot pepper sauce. Serve with shrimp for dipping.

PER PIECE: about 36 cal, 6 g pro, 1 g total fat (trace sat. fat), 2 g carb, trace fibre, 43 mg chol, 104 mg sodium. % RDI: 2% calcium, 5% iron, 2% vit A, 3% vit C, 2% folate.

SWITCH IT UP

Thai Cocktail Shrimp

Omit Sauce. Substitute ½ cup (125 mL) ketchup; 2 tbsp (30 mL) lime juice; 1 tbsp (15 mL) horseradish; 1 tsp (5 mL) minced hot red pepper; 1 tsp (5 mL) fish sauce or soy sauce; 1 green onion, minced; and ½ tsp (2 mL) red Thai curry paste.

Green Olive and Paprika Cocktail Shrimp

Omit Sauce. Substitute ½ cup (125 mL) ketchup; 2 tbsp (30 mL) finely chopped green olives; 2 tbsp (30 mL) lemon juice; 1 tbsp (15 mL) horseradish; 2 tsp (10 mL) Worcestershire sauce; and 1 tsp (5 mL) smoked paprika.

Mediterranean Cocktail Shrimp

Omit Sauce. Substitute ½ cup (125 mL) ketchup; 2 tbsp (30 mL) chopped drained rinsed capers; 1 tsp (5 mL) grated lemon rind; 2 tbsp (30 mL) lemon juice; 1 tbsp (15 mL) each chopped fresh parsley, mayonnaise and horseradish; 2 tsp (10 mL) Worcestershire sauce; and 1 clove garlic, minced.

Pineapple Cocktail Shrimp

Omit Sauce. Substitute ½ cup (125 mL) ketchup; ⅓ cup (75 mL) drained crushed pineapple; 1 tbsp (15 mL) horseradish; ¼ tsp (1 mL) hot pepper sauce; and pinch allspice.

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Salt and Pepper Croûtes

✱ Use a whole grain baguette. Reduce salt.

Prep: 5 minutes
Cook: 25 minutes
Makes: 60 pieces

Half **baguette**
¼ cup (60 mL) **extra-virgin olive oil**
1½ tsp (7 mL) coarse **sea salt**
½ tsp (2 mL) coarsely ground **pepper**

Cut bread lengthwise in half; cut crosswise into ¼-inch (5 mm) thick slices. Arrange on baking sheet. Brush with about half of the oil; sprinkle with half each of the salt and pepper.

Bake in 350°F (180°C) oven for 15 minutes. Turn and brush with remaining oil; sprinkle with remaining salt and pepper. Bake until golden and crisp, about 10 minutes. Let cool.

PER PIECE: about 13 cal, trace pro, 1 g total fat (trace sat. fat), 1 g carb, 0 g fibre, 0 mg chol, 50 mg sodium. % RDI: 1% iron.

Curried Seared Scallops with Mango Salsa

Prep: 10 minutes
Cook: 6 minutes
Makes: 24 pieces

24 large **scallops**
4 tsp (20 mL) **curry powder**
½ tsp (2 mL) each **cinnamon** and **ground coriander**
¼ tsp (1 mL) each **salt** and **pepper**
2 tbsp (30 mL) **vegetable oil**

MANGO SALSA:
½ cup (125 mL) diced peeled ripe **mango**
1 **jalapeño pepper,** diced
2 tbsp (30 mL) diced **sweet red pepper**
2 tsp (10 mL) **lime juice**
Pinch each **salt** and **granulated sugar**

MANGO SALSA: In small bowl, combine mango, jalapeño pepper, red pepper, lime juice, salt and sugar. Set aside.

Remove muscle from side of each scallop; pat dry with paper towel. In bowl, combine curry powder, cinnamon, coriander, salt and pepper. Coat tops and bottoms of scallops with curry mixture.

In cast-iron or nonstick skillet, heat 1 tbsp (15 mL) of the oil over medium-high heat; cook half of the scallops, turning once, until opaque inside, 3 to 5 minutes. Transfer to paper towel–lined plate. Wipe out skillet; repeat with remaining oil and scallops. Serve with salsa.

PER PIECE: about 40 cal, 5 g pro, 1 g total fat (trace sat. fat), 2 g carb, trace fibre, 10 mg chol, 162 mg sodium, 114 mg potassium. % RDI: 1% calcium, 3% iron, 2% vit A, 5% vit C, 2% folate.

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Tapenade Crostini,
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Masala Snack Mix

✻ Look for roasted soybeans and sesame sticks in the grocery store's bulk aisle or a bulk food store.

Prep: 10 minutes
Cook: 42 minutes
Makes: about 3 cups (750 mL)

1 can (19 oz/540 mL) **chickpeas,** drained and rinsed
¾ cup (175 mL) **sesame sticks**
½ cup (125 mL) each **unsalted roasted cashews** and **soybeans**
¼ cup (60 mL) **pumpkin seeds**
2 tbsp (30 mL) **vegetable oil**
1 tbsp (15 mL) **mild curry paste**
2 tsp (10 mL) **lime juice**
1 tsp (5 mL) **garam masala**
Pinch **salt**

On foil-lined baking sheet, toast chickpeas in 400°F (200°C) oven, stirring once, until golden and crunchy, about 30 minutes. Let cool on sheet on rack for 5 minutes.

Meanwhile, in large bowl, combine sesame sticks, cashews, soybeans and pumpkin seeds. Add chickpeas; toss.

In small bowl, whisk together oil, curry paste, lime juice, garam masala and salt; add to chickpea mixture and toss to combine. Roast on same baking sheet in 350°F (180°C) oven until fragrant and golden, about 12 minutes.

PER 1 TBSP (15 mL): about 43 cal, 2 g pro, 3 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 51 mg sodium. % RDI: 1% calcium, 3% iron, 5% folate.

White Bean and Rosemary Dip

✻ Buy canned beans with "no added salt" written on the label, or cook your own from scratch (see "Dried Beans," page 120).

Prep: 10 minutes
Makes: about 1⅔ cups (400 mL)

1 can (19 oz/540 mL) **white kidney beans,** drained and rinsed
2 tbsp (30 mL) chopped **fresh rosemary**
2 tbsp (30 mL) **lemon juice**
2 tbsp (30 mL) **water**
1 tbsp (15 mL) **extra-virgin olive oil**
¼ tsp (1 mL) **salt**
2 cloves **garlic,** minced
1 tbsp (15 mL) **red pepper jelly**

In food processor, purée together beans, rosemary, lemon juice, water, oil and salt until smooth; stir in garlic. Transfer to serving bowl.

Spoon jelly onto centre of dip.

PER 1 TBSP (15 mL): about 22 cal, 1 g pro, 1 g total fat (0 g sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 73 mg sodium. % RDI: 1% iron, 2% vit C, 4% folate.

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Bean Dip with Zahtar

*Zahtar is a spice mixture that's easy to make but is also available, along with sumac, at Middle Eastern and specialty food shops.

Prep: 5 minutes
Cook: 11 minutes
Makes: 2½ cups (625 mL)

2 cups (500 mL) **frozen lima beans**
¼ cup (60 mL) **extra-virgin olive oil**
1 **onion,** finely chopped
3 cloves **garlic,** minced
1 **jalapeño pepper,** seeded and chopped
2 tbsp (30 mL) **lemon juice**
½ tsp (2 mL) **salt**
¼ cup (60 mL) minced **fresh parsley**
Zahtar (recipe, this page)

In small saucepan, cover and cook lima beans with 2 tbsp (30 mL) boiling water until tender, about 5 minutes. Transfer to food processor to let cool.

Meanwhile, in skillet, heat oil over medium heat; cook onion, garlic and jalapeño pepper, stirring occasionally, until onion is softened, about 6 minutes.

Add onion mixture to food processor along with lemon juice, salt and ¼ cup (60 mL) water; purée until smooth. Pulse in parsley. Transfer to shallow bowl. Sprinkle with Zahtar.

PER 1 TBSP (15 mL): about 24 cal, 1 g pro, 1 g total fat (trace sat. fat), 2 g carb, 1 g fibre, 0 mg chol, 32 mg sodium. % RDI: 2% iron, 1% vit A, 3% vit C, 1% folate.

Zahtar

Prep: 2 minutes
Cook: 3 minutes
Makes: 2 tsp (10 mL)

1¼ tsp (6 mL) **dried thyme**
¾ tsp (4 mL) **sumac** (or 2 tsp/10 mL grated lemon rind)
½ tsp (2 mL) **sesame seeds**
Pinch **salt**

With fingers, crush thyme until powdery.

In small skillet, toast thyme, sumac, sesame seeds and salt over medium heat until fragrant and lightly toasted, about 3 minutes (slightly longer if using lemon rind). Transfer to bowl.

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Roasted Curry Cauliflower Dip

Prep: 15 minutes
Cook: 40 minutes
Makes: 3 cups (750 mL)

¾ cup (175 mL) **Balkan-style plain yogurt**
¼ cup (60 mL) **extra-virgin olive oil**
1 tsp (5 mL) **curry powder**
½ tsp (2 mL) each **salt, ground cumin** and **ground coriander**
¼ tsp (1 mL) each **ginger** and **pepper**
1 head **cauliflower** (2½ lb/1.25 kg)
1 large **onion,** cut into eighths
6 cloves **garlic**
1 tbsp (15 mL) **lemon juice**
3 tbsp (45 mL) chopped **fresh coriander** or chives

In large bowl, stir together ⅓ cup (75 mL) of the yogurt, oil, curry powder, salt, cumin, ground coriander, ginger and pepper. Cut cauliflower into florets; add to yogurt mixture along with onion and garlic, tossing to coat.

Spread on large foil-lined baking sheet; roast in 425°F (220°C) oven, stirring once, until tender and browned, about 40 minutes. Let cool.

In food processor, purée cauliflower mixture, remaining yogurt and lemon juice until fairly smooth with a few chunks. Stir in fresh coriander.

PER 2 TBSP (30 mL): about 38 cal, 1 g pro, 3 g total fat (1 g sat. fat), 3 g carb, 1 g fibre, 1 mg chol, 56 mg sodium, 65 mg potassium. % RDI: 2% calcium, 1% iron, 1% vit A, 18% vit C, 5% folate.

Poppy Seed Crackers

✱ Substitute nonhydrogenated margarine for the butter. Use whole grain flour.

Prep: 8 minutes
Cook: 18 minutes
Makes: 20 pieces

⅓ cup (75 mL) **butter,** softened
½ cup (125 mL) **all-purpose flour**
3 **egg whites**
2 tbsp (30 mL) grainy **mustard**
1 tbsp (15 mL) **poppy seeds**
¼ tsp (1 mL) each **salt** and **pepper**

In large bowl, beat butter with flour until smooth. Add egg whites, mustard, poppy seeds, salt and pepper; beat until thickened, about 3 minutes.

Drop by six 1 tbsp (15 mL) mounds, about 5 inches (12 cm) apart, onto parchment paper–lined baking sheets. Using small offset spatula or knife, spread each into 3-inch (8 cm) circle.

Bake in 325°F (160°C) oven until golden around edges, about 18 minutes. Transfer to racks and let cool.

PER PIECE: about 45 cal, 1 g pro, 3 g total fat (2 g sat. fat), 3 g carb, trace fibre, 10 mg chol, 88 mg sodium. % RDI: 1% calcium, 1% iron, 3% vit A, 3% folate.

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Roasted Curry Cauliflower Dip
and Poppy Seed Crackers

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Tapenade Crostini

✱ Choose a whole grain baguette.

Prep: 10 minutes
Cook: 2 minutes
Makes: 24 pieces

1 **baguette**
¼ cup (60 mL) **extra-virgin olive oil**
2 cups (500 mL) pitted **Kalamata olives,** rinsed
1 tsp (5 mL) **anchovy paste**
1 small **shallot,** chopped
1 clove **garlic,** minced
1 tsp (5 mL) **capers,** rinsed and minced
½ tsp (2 mL) **pepper**
2 tbsp (30 mL) chopped **fresh parsley**

Slice baguette diagonally into twenty-four ½-inch (2 cm) thick slices; brush both sides with half of the oil. Broil on baking sheet, turning once, until golden, 2 to 3 minutes.

In food processor or by hand, coarsely chop together remaining oil, olives, anchovy paste, shallot, garlic, capers and pepper. Stir in parsley.

Top each crostini with scant 1 tbsp (15 mL) tapenade.

PER PIECE: about 88 cal, 1 g pro, 7 g total fat (1 g sat. fat), 7 g carb, 1 g fibre, 0 mg chol, 446 mg sodium, 21 mg potassium. % RDI: 2% calcium, 4% iron, 4% folate.

Lentil Hummus

Prep: 5 minutes
Cook: 10 minutes
Makes: 2¼ cups (550 mL)

1 cup (250 mL) **dried red lentils**
¼ cup (60 mL) **tahini paste**
3 tbsp (45 mL) **lemon juice**
3 tbsp (45 mL) **extra-virgin olive oil**
½ tsp (2 mL) each **salt** and **pepper**
2 cloves **garlic,** minced
¼ cup (60 mL) minced **fresh parsley**

In large pot of boiling salted water, cover and simmer lentils until tender yet shape remains, about 10 minutes. Drain and let cool to room temperature.

In food processor, purée together lentils, tahini, lemon juice, oil, salt and pepper until smooth. Stir in garlic and parsley. Transfer to small bowl.

PER 1 TBSP (15 mL): about 34 cal, 2 g pro, 2 g total fat (trace sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 37 mg sodium. % RDI: 4% iron, 2% vit C, 14% folate.

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Whole Wheat Sesame Crispbread

Prep: 25 minutes **Stand:** 1 hour
Cook: 15 minutes
Makes: 40 pieces

½ cup (125 mL) **warm water**
1½ tsp (7 mL) **granulated sugar**
1 tsp (5 mL) **active dry yeast**
1¼ cups (300 mL) **whole wheat bread flour** (approx)
½ cup (125 mL) **sesame seeds**
2 tbsp (30 mL) **sesame oil**
½ tsp (2 mL) **salt**

In small bowl, mix warm water with sugar. Sprinkle in yeast; let stand for 10 minutes in warm place until frothy.

In separate bowl, whisk together flour, sesame seeds, oil and salt until crumbly. Mix in yeast mixture until clumped together, adding up to ¼ cup (60 mL) more flour, if necessary, to make stiff dough.

Turn out onto lightly floured surface; knead just until smooth. Cover with plastic wrap and let rise in warm place until no longer springy and slightly risen, about 1 hour. (Or let rise in refrigerator overnight; let come to room temperature, about 2 hours, before proceeding.)

Divide dough in half. On lightly floured surface, roll out each half to ⅛-inch (3 mm) thickness. Let rest for 5 minutes. On unfloured surface, roll out again, making two 13- x 8-inch (33 x 20 cm) ovals. Transfer to 2 ungreased baking sheets.

Bake in 375°F (190°C) oven until golden and crisp, 15 to 20 minutes. Transfer to rack; let cool. Break into pieces.

PER PIECE: about 31 cal, 1 g pro, 2 g total fat (trace sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 30 mg sodium, 25 mg potassium. % RDI: 2% iron, 2% folate.

SWITCH IT UP

Yeastless Whole Wheat Sesame Crispbread

Omit sugar, yeast and standing time. Whisk ½ tsp (2 mL) baking powder into dry ingredients; stir in water. Let dough rest in refrigerator for 10 minutes before rolling.

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Warm Mediterranean Spinach Dip

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Warm Mediterranean Spinach Dip

Prep: 10 minutes
Cook: 12 minutes
Makes: 4 cups (1 L)

2 bags (10 oz/284 g each) **spinach,** trimmed and rinsed
2 tbsp (30 mL) **extra-virgin olive oil**
2 cloves **garlic,** minced
1 **anchovy,** chopped (or 1 tsp/5 mL anchovy paste)
¾ tsp (4 mL) **fennel seeds**
¼ tsp (1 mL) each **hot pepper flakes** and **salt**
1 bottle (680 mL) **strained tomatoes** (passata)
½ cup (125 mL) grated **Romano cheese** or Parmesan cheese

In batches, place spinach in large pot with just the water clinging to leaves; cover and cook over medium-high heat, stirring once, until wilted, about 3 minutes. Transfer to sieve; press out moisture. Chop and set aside.

In skillet, heat oil over medium heat; cook garlic, anchovy, fennel seeds, hot pepper flakes and salt, stirring constantly, until fragrant and garlic is light golden, about 1 minute.

Stir in tomatoes and spinach; heat through, about 2 minutes.

Spread in pie plate, gratin dish or shallow baking dish; sprinkle with cheese. Broil until hot and bubbly and cheese is golden, about 3 minutes.

PER 2 TBSP (30 mL): about 26 cal, 1 g pro, 1 g total fat (trace sat. fat), 3 g carb, 1 g fibre, 2 mg chol, 59 mg sodium, 175 mg potassium. % RDI: 4% calcium, 7% iron, 18% vit A, 7% vit C, 11% folate.

Artichoke Green Olive Dip

Prep: 8 minutes
Makes: about 2½ cups (625 mL)

2 cans (each 14 oz/398 mL) **artichoke hearts,** drained and rinsed
⅓ cup (75 mL) pitted brine-cured **green olives**
⅓ cup (75 mL) **extra-virgin olive oil**
2 tbsp (30 mL) chopped **fresh parsley**
1 tbsp (15 mL) **lemon juice**
1 clove **garlic,** minced
¼ tsp (1 mL) **pepper**
Pinch **hot pepper flakes** (optional)

In food processor, purée together artichokes, olives, oil, all but 1 tsp (5 mL) of the parsley, the lemon juice, garlic, pepper, and hot pepper flakes (if using).

Scrape into serving bowl; cover and refrigerate for 1 hour. Sprinkle with remaining parsley.

PER 1 TBSP (15 mL): about 24 cal, trace pro, 2 g total fat (trace sat. fat), 2 g carb, 1 g fibre, 0 mg chol, 30 mg sodium. % RDI: 1% calcium, 1% iron, 3% vit C, 3% folate.

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3 Salads & Soups

Made with the freshest ingredients, these crisp salads and heartwarming soups add excitement to everyday meals. Delight your palate with nutrient-rich recipes from around the globe. Then, pack up the leftovers for a heart-smart lunch – and skip the drive-through.

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Pomegranate Clementine
Frisée Salad

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Pomegranate Clementine Frisée Salad

Prep: 6 minutes
Cook: 4 minutes
Makes: 4 servings

3 tbsp (45 mL) **walnut** halves
4 **clementines**
3 tbsp (45 mL) **extra-virgin olive oil**
2 tbsp (30 mL) **red wine vinegar**
Pinch each **granulated sugar, salt** and **pepper**
4 cups (1 L) **frisée lettuce,** coarsely chopped
2 cups (500 mL) **Boston lettuce,** torn
Quarter **sweet onion,** sliced into rings
½ cup (125 mL) **pomegranate seeds**

In skillet, toast walnuts over medium heat, turning occasionally, until lightly toasted, about 4 minutes; set aside.

Remove peel from 2 of the clementines; divide fruit into sections. Using paring knife, remove as much white pith as possible. Juice remaining clementines; set aside.

In large bowl, whisk together oil, vinegar, clementine juice, sugar, salt and pepper. Add frisée and Boston lettuces, onion and clementine sections, tossing to coat.

Divide among salad plates. Sprinkle with pomegranate seeds and walnuts.

PER SERVING: about 183 cal, 3 g pro, 14 g total fat (2 g sat. fat), 15 g carb, 2 g fibre, 0 mg chol, 16 mg sodium, 446 mg potassium. % RDI: 5% calcium, 7% iron, 13% vit A, 63% vit C, 54% folate.

Romaine Salad with Lemon Vinaigrette

Prep: 10 minutes
Makes: 8 servings

⅓ cup (75 mL) **extra-virgin olive oil**
3 tbsp (45 mL) **lemon juice**
2 tsp (10 mL) chopped **fresh dill**
1 tsp (5 mL) **Dijon mustard**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) each **granulated sugar** and **pepper**
1 head **romaine lettuce**
½ cup (125 mL) shredded **radicchio**
½ cup (125 mL) thinly sliced **radishes**

In small bowl, whisk together oil, lemon juice, dill, Dijon mustard, salt, sugar and pepper.

Tear romaine lettuce into bite-size pieces. In large bowl, toss together romaine, radicchio and radishes; add dressing and toss to coat.

PER SERVING: about 96 cal, 1 g pro, 9 g total fat (1 g sat. fat), 3 g carb, 1 g fibre, 0 mg chol, 160 mg sodium. % RDI: 3% calcium, 7% iron, 22% vit A, 37% vit C, 52% folate.

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Grapefruit and Fennel Salad

✱ Grapefruit interferes with some cholesterol-lowering medications. (Check with your doctor or pharmacist.) You can substitute an orange for the grapefruit.

Prep: 15 minutes
Makes: 6 to 8 servings

1 ruby red **grapefruit**
4 cups (1 L) torn **Bibb lettuce**
2 cups (500 mL) trimmed **arugula,** torn
2 cups (500 mL) trimmed **watercress**
½ cup (125 mL) thinly sliced **fennel bulb**

DRESSING:
4 tsp (20 mL) **white balsamic vinegar** (or white wine vinegar and ¼ tsp/1 mL granulated sugar)
½ tsp (2 mL) grainy **mustard**
¼ tsp (1 mL) each **salt** and **pepper**
3 tbsp (45 mL) **canola oil** or vegetable oil

Peel grapefruit. Working over bowl to catch juice, cut off outer membrane. Cut between membranes and pulp to release fruit into bowl, squeezing membranes to extract all juice. Remove 2 tbsp (30 mL) of the juice and set aside for dressing. Strain and set sections aside.

DRESSING: In large bowl, whisk together reserved grapefruit juice, vinegar, mustard, salt and pepper; slowly whisk in oil.

Add lettuce, arugula, watercress and fennel; toss to coat. Garnish with reserved grapefruit.

PER EACH OF 8 SERVINGS: about 67 cal, 1 g pro, 5 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 88 mg sodium, 220 mg potassium. % RDI: 4% calcium, 3% iron, 11% vit A, 33% vit C, 18% folate.

Warm Spanish Chicken Salad

✱ To reduce sodium content, omit the olives.

Prep: 10 minutes
Cook: 35 minutes
Makes: 4 servings

2 **boneless skinless chicken breasts**
1 tbsp (15 mL) **extra-virgin olive oil**
½ tsp (2 mL) **paprika**
¼ tsp (1 mL) each **salt** and **pepper**
1 each **sweet red** and **green pepper,** cut into ¾-inch (2 cm) wide strips
6 cups (1.5 L) loosely packed **mixed baby salad greens**
½ cup (125 mL) thinly sliced **sweet onion**
⅓ cup (75 mL) quartered **pimiento-stuffed green olives**
¼ cup (60 mL) each toasted slivered **almonds** and crumbled **feta cheese**

SHERRY VINAIGRETTE:
2 tbsp (30 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **sherry vinegar** or red wine vinegar
½ tsp (2 mL) **Dijon mustard**
Pinch each **salt, pepper** and **granulated sugar**

In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers.

Bake in 375°F (190°C) oven until peppers are tender and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine salad greens, onion, olives, almonds, chicken and peppers.

SHERRY VINAIGRETTE: In small bowl, whisk together oil, vinegar, mustard, salt, pepper and sugar; pour over salad and toss to coat. Sprinkle with feta cheese.

PER SERVING: about 280 cal, 20 g pro, 19 g total fat (4 g sat. fat), 10 g carb, 3 g fibre, 48 mg chol, 487 mg sodium, 607 mg potassium. % RDI: 12% calcium, 12% iron, 32% vit A, 137% vit C, 40% folate.

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Summer Vegetable Salad with Sherry Vinegar Dressing

Prep: 15 minutes
Cook: 15 minutes
Makes: 4 to 6 servings

1 **Japanese eggplant** (about 5 oz/150 g)
1 **zucchini**
3 tbsp (45 mL) **extra-virgin olive oil**
¼ tsp (1 mL) each **salt** and **pepper**
1 **sweet yellow pepper** or orange pepper
1 small **red onion**
Half head **radicchio** (3 oz/90 g for half)
¼ cup (60 mL) shredded **fresh basil**
¼ cup (60 mL) shaved **Parmesan cheese**

DRESSING:
2 tbsp (30 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **sherry vinegar**
1 small clove **garlic,** minced
½ tsp (2 mL) **Dijon mustard**
Pinch **granulated sugar**

DRESSING: In small bowl, whisk together oil, vinegar, garlic, mustard and sugar; set aside.

Cut eggplant and zucchini into generous ¼-inch (5 mm) thick slices; place in bowl. Toss with 4 tsp (20 mL) of the oil and pinch each of the salt and pepper.

Cut pepper into quarters. Cut onion into ¼-inch (5 mm) thick slices. Brush with 4 tsp (20 mL) of the remaining oil and pinch each of the remaining salt and pepper.

Place vegetables on greased grill over medium-high heat; close lid and grill, turning once, until browned and tender, 10 to 15 minutes. Cut peppers into strips. Separate onions into rings.

Meanwhile, leaving core intact, cut radicchio into 4 wedges. Brush with remaining oil; sprinkle with remaining salt and pepper. Add to grill; close lid and grill, turning once, until core is tender when pierced with fork and leaves are mostly browned, about 4 minutes. Cut out core.

On platter or in bowl, toss together vegetables, dressing and basil. Garnish with Parmesan cheese.

PER EACH OF 6 SERVINGS: about 155 cal, 3 g pro, 13 g total fat (2 g sat. fat), 9 g carb, 2 g fibre, 4 mg chol, 171 mg sodium. % RDI: 6% calcium, 4% iron, 5% vit A, 53% vit C, 11% folate.

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Apple, Fennel and Celery Salad

Prep: 15 minutes
Makes: 4 servings

½ cup (125 mL) thinly sliced **fennel**
½ cup (125 mL) sliced **celery**
½ cup (125 mL) **red seedless grapes,** halved
1 **Red Delicious apple,** peeled, cored and chopped
¼ cup (60 mL) toasted chopped **walnuts**

POPPY SEED DRESSING:
¼ cup (60 mL) **Balkan-style plain yogurt**
1 tbsp (15 mL) **liquid honey**
2 tsp (10 mL) **lemon juice**
½ tsp (2 mL) **Dijon mustard**
¼ tsp (1 mL) **poppy seeds**
Pinch each **salt** and **paprika**

POPPY SEED DRESSING: In large bowl, whisk together yogurt, honey, lemon juice, mustard, poppy seeds, salt and paprika until smooth.

Add fennel, celery, grapes and apple; toss to coat. Serve sprinkled with walnuts.

PER SERVING: about 122 cal, 2 g pro, 6 g total fat (1 g sat. fat), 17 g carb, 2 g fibre, 3 mg chol, 36 mg sodium. % RDI: 5% calcium, 4% iron, 2% vit A, 12% vit C, 8% folate.

Bean, Mushroom and Wilted Spinach Salad

✻ Cook your own salt-free chickpeas (see "Dried Beans," page 120).

Prep: 15 minutes
Cook: 12 minutes
Makes: 4 servings

8 oz (250 g) **yellow beans** or green beans, trimmed
3 tbsp (45 mL) **extra-virgin olive oil**
1 small **sweet onion,** thinly sliced
8 oz (250 g) **cremini mushrooms**
1 clove **garlic,** minced
¼ tsp (1 mL) each **salt, pepper** and **dried thyme**
1 cup (250 mL) **canned chickpeas,** drained and rinsed
3 tbsp (45 mL) **white wine vinegar**
1 bag (6 oz/170 g) **baby spinach leaves**
4 hard-cooked **eggs,** quartered
3 tbsp (45 mL) shaved **Asiago cheese**

In saucepan of boiling water, blanch beans until tender-crisp, about 2 minutes. Drain and set aside.

Meanwhile, in large skillet, heat oil over medium-high heat; sauté onion until tender, about 5 minutes.

Add mushrooms, garlic, salt, pepper and thyme; cook until mushrooms are tender and golden, about 7 minutes. Add beans, chickpeas and vinegar; heat through.

In large bowl, toss spinach with mushroom mixture until spinach is wilted and coated. Arrange on plates. Top with eggs; sprinkle with cheese.

PER SERVING: about 352 cal, 18 g pro, 18 g total fat (4 g sat. fat), 32 g carb, 10 g fibre, 190 mg chol, 530 mg sodium, 814 mg potassium. % RDI: 18% calcium, 31% iron, 51% vit A, 15% vit C, 76% folate.

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Bean, Mushroom and
Wilted Spinach Salad

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Greek-Style Romaine Salad

Prep: 10 minutes
Makes: 4 to 6 servings

4 cups (1 L) torn **romaine lettuce**
1 cup (250 mL) **cherry tomatoes,** halved
1 cup (250 mL) cubed **English cucumber**
Half **sweet green pepper,** chopped
⅓ cup (75 mL) sliced **red onion**
¼ cup (60 mL) crumbled **feta cheese**
8 **Kalamata olives**

DRESSING:
2 tbsp (30 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **red wine vinegar**
1 small clove **garlic,** minced
¼ tsp (1 mL) **dried oregano**
Pinch **pepper**

DRESSING: In glass measure, whisk together oil, vinegar, garlic, oregano and pepper; set aside.

In large bowl, toss together lettuce, tomatoes, cucumber, green pepper and onion. Pour dressing over top and toss to coat. Sprinkle with feta cheese and olives.

PER EACH OF 6 SERVINGS: about 86 cal, 2 g pro, 7 g total fat (2 g sat. fat), 5 g carb, 2 g fibre, 6 mg chol, 180 mg sodium. % RDI: 5% calcium, 5% iron, 22% vit A, 32% vit C, 24% folate.

Boston Lettuce and Mâche Salad with Buttermilk Dill Dressing

Prep: 10 minutes
Makes: 8 servings

2 small heads **Boston lettuce**
4 cups (1 L) **mâche,** baby spinach or arugula leaves
4 **radishes,** thinly sliced
1 **green onion,** sliced

BUTTERMILK DILL DRESSING:
⅔ cup (150 mL) **buttermilk**
¼ cup (60 mL) **light mayonnaise**
2 tbsp (30 mL) minced **fresh parsley**
1 tsp (5 mL) **cider vinegar**
½ tsp (2 mL) **Dijon mustard**
¼ tsp (1 mL) **dried dillweed**
Pinch each **salt** and **pepper**

BUTTERMILK DILL DRESSING: In glass measure, whisk together buttermilk, mayonnaise, parsley, vinegar, mustard, dillweed, salt and pepper.

Cut each head of Boston lettuce into quarters. Keeping lettuce wedges intact, arrange mâche between leaves. Place each on salad plate; sprinkle with radishes and green onion. Drizzle with dressing.

PER SERVING: about 45 cal, 2 g pro, 3 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 3 mg chol, 85 mg sodium. % RDI: 5% calcium, 6% iron, 25% vit A, 28% vit C, 18% folate.

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Seafood Caesar Salad

Prep: 15 minutes
Cook: 4 minutes
Makes: 4 servings

1 pkg (340 g) **large raw shrimp**
2 whole **squid,** cleaned
1 tbsp (15 mL) each **lemon juice** and **extra-virgin olive oil**
¼ tsp (1 mL) each **dried Italian herb seasoning** and **pepper**
1 head **romaine lettuce,** torn
2 cups (500 mL) **croutons**

DRESSING:
3 tbsp (45 mL) grated **Parmesan cheese**
2 tbsp (30 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **lemon juice**
1 tsp (5 mL) each **Dijon mustard** and **anchovy paste**
1 clove **garlic,** minced
Pinch each **salt** and **pepper**
Dash **Worcestershire sauce**
2 tbsp (30 mL) **light mayonnaise**

Toss together shrimp, squid, lemon juice, oil, Italian seasoning and pepper. Place on greased grill over medium heat; close lid and grill, turning once, until shrimp are pink and squid is opaque, about 4 minutes. Slice squid into rings; set aside.

DRESSING: Meanwhile, in large bowl, whisk together cheese, oil, lemon juice, mustard, anchovy paste, garlic, salt, pepper and Worcestershire sauce; whisk in mayonnaise.

Add lettuce and croutons; toss to coat. Top with shrimp and squid.

PER SERVING: about 376 cal, 33 g pro, 18 g total fat (3 g sat. fat), 21 g carb, 4 g fibre, 282 mg chol, 447 mg sodium, 745 mg potassium. % RDI: 17% calcium, 35% iron, 96% vit A, 72% vit C, 110% folate.

Double Celery Soup

✻ Use sodium-reduced broth.

Prep: 12 minutes
Cook: 50 minutes
Makes: about 12 servings

3 tbsp (45 mL) **extra-virgin olive oil**
6 ribs **celery,** sliced
3 **leeks** (white and light green parts only), sliced
1 tsp (5 mL) crushed **fennel seeds**
½ tsp (2 mL) each **salt** and **white pepper**
1 **celery root** (about 1 lb/500 g), peeled and chopped
4 cups (1 L) **vegetable broth**
2 tbsp (30 mL) chopped **fresh parsley**
1 tbsp (15 mL) **lemon juice**
2 tbsp (30 mL) chopped **celery leaves**

In large saucepan or Dutch oven, heat oil over medium heat; cook celery, leeks, fennel seeds, salt and pepper, stirring occasionally, until translucent, about 20 minutes.

Add celery root, broth and 4 cups (1 L) water; bring to boil. Reduce heat and simmer, covered, until vegetables are softened, about 25 minutes. Remove from heat and stir in parsley; let stand for 5 minutes.

Using immersion blender or in batches in blender, purée soup until smooth. Stir in lemon juice. Ladle into bowls; sprinkle with celery leaves.

PER SERVING: about 57 cal, 2 g pro, 3 g total fat (2 g sat. fat), 8 g carb, 1 g fibre, 9 mg chol, 423 mg sodium, 175 mg potassium. % RDI: 3% calcium, 5% iron, 5% vit A, 8% vit C, 6% folate.

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Seafood Caesar Salad, page 37

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Roasted Garlic and Onion Soup

Prep: 20 minutes
Cook: 1½ hours
Makes: 12 servings

3 tbsp (45 mL) **butter** or extra-virgin olive oil
3 large **onions,** thinly sliced
½ tsp (2 mL) each **salt** and **pepper**
12 oz (375 g) **potatoes,** peeled and diced (about 2 medium)
3 cups (750 mL) **sodium-reduced chicken broth**
1 cup (250 mL) **dry white wine**
5 sprigs **fresh thyme**

ROASTED GARLIC:

4 heads **garlic**
1 tbsp (15 mL) **extra-virgin olive oil**

PARMESAN CROUTONS:

2 cups (500 mL) cubed (¼-inch/5 mm) crustless day-old **multigrain bread**
¼ cup (60 mL) grated **Parmesan cheese**
2 tbsp (30 mL) **extra-virgin olive oil**
Pinch each **salt** and **pepper**

ROASTED GARLIC: Trim tops off garlic to expose cloves. Place on square of foil and drizzle with oil; seal package. Roast in 350°F (180°C) oven until tender, about 1 hour. Let cool enough to handle; squeeze out cloves into bowl.

PARMESAN CROUTONS: Meanwhile, in bowl, toss together bread, cheese, oil, salt and pepper; spread on parchment paper–lined baking sheet. Bake in 350°F (180°C) oven, stirring occasionally, until golden and crisp, about 12 minutes. Set aside.

Meanwhile, in large saucepan or Dutch oven, melt butter over medium-low heat; cook onions, salt and pepper, stirring occasionally, until onions are very soft and golden, about 20 minutes.

Add 3 cups (750 mL) water, potatoes, broth, wine, thyme and roasted garlic; bring to boil. Reduce heat to medium-low; cover and simmer for 30 minutes.

Remove thyme sprigs. Using immersion blender or in batches in blender, purée soup until smooth.

Return to clean saucepan; heat through over medium heat, stirring occasionally. Ladle into bowls; sprinkle with Parmesan croutons.

PER SERVING: about 138 cal, 4 g pro, 7 g total fat (3 g sat. fat), 15 g carb, 1 g fibre, 9 mg chol, 320 mg sodium, 211 mg potassium. % RDI: 6% calcium, 4% iron, 3% vit A, 8% vit C, 5% folate.

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Philippine Mussel Soup

Prep: 10 minutes
Cook: 15 minutes
Makes: 6 to 8 servings

2 lb (1 kg) **mussels**
1 stalk **lemongrass** (optional)
2 tbsp (30 mL) **extra-virgin olive oil** or vegetable oil
½ cup (125 mL) thinly sliced **shallots**
3 cloves **garlic,** minced
6 **Thai bird's-eye peppers** or 2 finger chili peppers, finely chopped
1 tbsp (15 mL) finely grated **gingerroot**
¼ tsp (1 mL) **pepper**
3 **tomatoes,** peeled and chopped
3 cups (750 mL) **water**
1 tbsp (15 mL) **fish sauce**
2 cups (500 mL) lightly packed **spinach**
2 tbsp (30 mL) **lime juice**
¼ tsp (1 mL) **salt**

Rinse mussels; pull off and discard any beards. Cut off dry tip of lemongrass (if using); peel off outer layer(s) if hard and dry. Cut into 2-inch (5 cm) long pieces; with side of chef's knife, hit pieces to bruise and split slightly. Set aside.

In heavy soup pot or large saucepan, heat oil over medium-high heat; sauté shallots until golden. Add garlic; fry until light golden.

Stir in bird's-eye peppers, ginger, black pepper and lemongrass; sauté until peppers are softened. Stir in tomatoes; sauté until softened, about 2 minutes.

Stir in water and fish sauce; bring to boil. Add mussels; cover and boil until mussels open. Discard any that do not open. Stir in spinach. Remove from heat. Stir in lime juice and salt.

PER EACH OF 8 SERVINGS: about 79 cal, 5 g pro, 4 g total fat (1 g sat. fat), 6 g carb, 1 g fibre, 10 mg chol, 319 mg sodium, 211 mg potassium. % RDI: 3% calcium, 12% iron, 14% vit A, 17% vit C, 14% folate.

Leek and Lentil Soup

Prep: 10 minutes
Cook: 40 minutes
Makes: 8 to 10 servings

1 **celery root** (about 1½ lb/750 g)
2 tbsp (30 mL) **extra-virgin olive oil** or vegetable oil
1 tsp (5 mL) **fennel seeds**
5 cups (1.25 L) chopped (white and light green parts only) **leeks** (about 3)
1½ cups (375 mL) chopped **onion**
1 **bay leaf**
1¼ tsp (6 mL) **salt**
¼ tsp (1 mL) **pepper**
⅓ cup (75 mL) **green lentils**
1 tsp (5 mL) **curry powder**
6 cups (1.5 L) **water**
1 tbsp (15 mL) **lemon juice**

Trim and dice celery root to make 4 cups (1 L); set aside.

In Dutch oven, heat oil over medium heat; cook fennel seeds, stirring, until fragrant, about 1 minute.

Add leeks, onion, bay leaf, salt and pepper; cook, stirring occasionally, until softened, about 8 minutes.

Stir in celery root, lentils and curry powder; cook for 5 minutes.

Add water and bring to boil; reduce heat, cover and simmer until lentils and vegetables are tender, 20 to 25 minutes. Discard bay leaf. Stir in lemon juice.

PER EACH OF 10 SERVINGS: about 90 cal, 3 g pro, 2 g total fat (trace sat. fat), 17 g carb, 3 g fibre, 0 mg chol, 356 mg sodium, 331 mg potassium. % RDI: 5% calcium, 14% iron, 12% vit C, 25% folate.

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Italian Spring Chicken Soup

Prep: 10 minutes
Cook: 4¼ hours
Chill: 8 hours
Makes: 6 servings

¾ tsp (4 mL) **salt**
3 **eggs**
½ cup (125 mL) finely grated **Parmesan cheese**
3 tbsp (45 mL) **semolina** or cornmeal
3 tbsp (45 mL) finely chopped **fresh parsley**
1½ tsp (7 mL) grated **lemon rind**

STOCK:
2 lb (1 kg) **chicken backs, necks** and **wing tips**
2 **onions,** chopped
2 large ribs **celery** (with leaves), chopped
2 **plum tomatoes,** quartered
1 **carrot,** chopped
8 sprigs **fresh parsley**
4 sprigs **fresh thyme**
2 **bay leaves**
2 cloves **garlic**
½ tsp (2 mL) whole **peppercorns**

STOCK: In stockpot, combine chicken, onions, celery, tomatoes, carrot, parsley, thyme, bay leaves, garlic and peppercorns.

Pour in 12 cups (3 L) water; bring to boil. Reduce heat and simmer, skimming occasionally, for 4 hours.

Strain through cheesecloth-lined sieve into large bowl, pressing to extract liquid and make about 8 cups (2 L). Refrigerate until fat congeals on surface, about 8 hours. Lift off fat and discard.

Reserve ¼ cup (60 mL) of the stock. In large saucepan, bring remaining stock to boil; add salt and boil until reduced to 6 cups (1.5 L), about 13 minutes.

Meanwhile, in bowl, whisk together eggs, cheese, semolina, parsley, lemon rind and reserved chicken stock. Gradually pour into boiling stock, stirring constantly with wooden spoon, until eggs break into strands, about 1 minute.

PER SERVING: about 114 cal, 10 g pro, 6 g total fat (3 g sat. fat), 5 g carb, trace fibre, 121 mg chol, 468 mg sodium. % RDI: 10% calcium, 5% iron, 6% vit A, 5% vit C, 11% folate.

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Turkey Meatball Soup

Prep: 20 minutes
Cook: 20 minutes
Makes: 4 to 6 servings

3 cups (750 mL) **sodium-reduced chicken broth**
2 **green onions,** sliced
1 each rib **celery** and **carrot,** sliced
¼ tsp (1 mL) each **pepper** and **dried thyme**
1 **sweet red pepper,** chopped
1 cup (250 mL) **vermicelli egg noodles**
½ cup (125 mL) thawed **peas**

TURKEY MEATBALLS:
1 **egg**
¼ cup (60 mL) grated **onion**
¼ cup (60 mL) grated **Parmesan cheese**
2 tbsp (30 mL) minced **fresh parsley**
¼ tsp (1 mL) each **salt** and **pepper**
1 lb (500 g) lean **ground turkey** or veal

TURKEY MEATBALLS: In bowl, combine egg, onion, Parmesan cheese, parsley, salt and pepper; mix in turkey. Shape by 1 tbsp (15 mL) into balls.

Bake on greased baking sheet in 400°F (200°C) oven until digital thermometer inserted in centre of several reads 165°F (74°C), about 15 minutes.

Meanwhile, in large saucepan, bring broth and 3 cups (750 mL) water to boil. Add green onions, celery, carrot, pepper and thyme; reduce heat, cover and simmer for 10 minutes.

Add red pepper, egg noodles and meatballs; simmer, covered, until pasta is al dente, about 5 minutes. Add peas and heat through.

PER EACH OF 6 SERVINGS: about 198 cal, 19 g pro, 9 g total fat (3 g sat. fat), 10 g carb, 2 g fibre, 100 mg chol, 560 mg sodium. % RDI: 8% calcium, 13% iron, 34% vit A, 62% vit C, 12% folate.

Hearty Vegetable Soup

Prep: 12 minutes
Cook: 30 minutes
Makes: 4 to 6 servings

1 tbsp (15 mL) **canola oil**
1 **onion,** diced
1 cup (250 mL) each chopped **carrot** and sliced **celery**
2 cloves **garlic,** minced
½ tsp (2 mL) **dried oregano**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) each **ground cumin** and **hot pepper flakes**
1 small **sweet potato,** peeled and chopped
1 **sweet green pepper,** chopped
1 can (28 oz/796 mL) diced **tomatoes**
1 can (19 oz/540 mL) **chickpeas,** drained and rinsed
1 each **bay leaf** and **cinnamon stick**
2 tsp (10 mL) **paprika**

In Dutch oven, heat oil over medium heat; cook onion, carrot, celery, garlic, oregano, salt, cumin and hot pepper flakes, stirring occasionally, until softened, about 5 minutes.

Add sweet potato and green pepper; cook, stirring, for 3 minutes.

Stir in tomatoes, 4 cups (1 L) water, chickpeas, bay leaf, cinnamon stick and paprika; bring to boil. Reduce heat, cover and simmer until vegetables are tender, 20 to 25 minutes. Discard bay leaf and cinnamon stick.

PER EACH OF 6 SERVINGS: about 178 cal, 6 g pro, 4 g total fat (trace sat. fat), 33 g carb, 7 g fibre, 0 mg chol, 595 mg sodium. % RDI: 9% calcium, 21% iron, 78% vit A, 68% vit C, 30% folate.

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Southwest Pulled Pork Chili Soup

* Look for strained tomatoes (passata) in bottles where canned tomatoes are sold. Can't find them? Just purée whole tomatoes in a food processor and pass them through a sieve to remove the seeds.

Prep: 12 minutes
Cook: 2¾ hours **Stand:** 20 minutes
Makes: 10 to 12 servings

4 **sweet green peppers**
4 **jalapeño peppers**
2 tbsp (30 mL) **extra-virgin olive oil** or vegetable oil
2 **onions,** chopped
3 cloves **garlic,** minced
1 tbsp (15 mL) **tomato paste**
1½ tsp (7 mL) **ancho chili** powder or chili powder
1 tsp (5 mL) each **salt** and **ground cumin**
¼ tsp (1 mL) **pepper**

PULLED PORK STOCK:
2½ lb (1.25 kg) **pork shoulder**
¼ tsp (1 mL) each **salt** and **pepper**
1 tbsp (15 mL) **extra-virgin olive oil**
6 cups (1.5 L) **water**
1½ cups (375 mL) **bottled strained tomatoes** (passata)
1 **onion,** halved
5 whole **black peppercorns**
1 **bay leaf**

PULLED PORK STOCK: Sprinkle pork with salt and pepper. In Dutch oven or large saucepan, heat oil over medium-high heat; brown pork all over.

Add water, tomatoes, onion, peppercorns and bay leaf; bring to boil. Reduce heat, cover and simmer until meat is tender, 2½ to 3 hours.

Transfer pork to cutting board; tent with foil and let cool for 20 minutes. Using 2 forks or hands, pull pork into shreds and place in large bowl; discard bones. Strain pork stock into large measure to make about 6 cups (1.5 L); skim fat. Add stock to pork.

Meanwhile, broil green peppers and jalapeño peppers, turning often, until charred and blackened, 10 to 20 minutes. Let cool; peel, seed and finely chop.

In Dutch oven, heat oil over medium heat; cook onions, stirring occasionally, until softened, 4 to 6 minutes. Add garlic; cook until golden, 1 to 2 minutes.

Stir in tomato paste, chili powder, salt, cumin and pepper. Add chopped peppers and pork mixture; bring to boil. Reduce heat, cover and simmer to meld flavours, about 10 minutes.

PER EACH OF 12 SERVINGS: about 178 cal, 13 g pro, 11 g total fat (3 g sat. fat), 7 g carb, 1 g fibre, 46 mg chol, 316 mg sodium, 299 mg potassium. % RDI: 3% calcium, 12% iron, 3% vit A, 53% vit C, 6% folate.

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Bok Choy, Mushroom and Tofu Soup

Prep: 15 minutes
Cook: 2¼ hours
Makes: 6 to 8 servings

1 pkg (300 g) regular or medium **tofu,** cut into ¾-inch (2 cm) cubes
1 cup (250 mL) thinly sliced **mushrooms**
4 cups (1 L) chopped **bok choy,** spinach or napa cabbage (12 oz/375 g)
½ tsp (2 mL) **salt** (optional)
1 **green onion,** thinly sliced
½ tsp (2 mL) **sesame oil**
Pinch **white pepper**

CHINESE CHICKEN STOCK:
2 lb (1 kg) **chicken backs,** legs or pieces
3 slices **gingerroot**
2 **green onions** (white and light green parts only)
1 sprig **coriander** (root and stems only)
2 tbsp (30 mL) **Chinese rice wine**
1 tsp (5 mL) **peppercorns**
½ tsp (2 mL) **salt**

In Dutch oven, bring chicken and 7 cups (1.75 L) water to boil; reduce heat to simmer. Skim off scum. Add ginger, onions, coriander, wine, peppercorns and salt; cook until reduced to about 5 cups (1.25 L), about 2 hours. Strain through fine sieve. Skim off any fat.

In clean Dutch oven, bring stock to boil; add tofu and mushrooms. Reduce heat; simmer until mushrooms are tender, 3 minutes.

Add bok choy; simmer until tender-crisp, 3 minutes. Season with salt if desired. Pour into serving bowl. Sprinkle with onion, sesame oil and pepper.

PER EACH OF 8 SERVINGS: about 59 cal, 6 g pro, 3 g total fat (trace sat. fat), 3 g carb, 1 g fibre, 1 mg chol, 325 mg sodium. % RDI: 8% calcium, 10% iron, 20% vit A, 22% vit C, 18% folate.

Slow Cooker Spinach Ravioli Soup

Prep: 12 minutes
Cook: 6 hours
Makes: 4 servings

2 cups (500 mL) packed **fresh spinach,** coarsely chopped
1 cup (250 mL) thawed **peas**
1 cup (250 mL) thinly sliced **mushrooms**
¼ tsp (1 mL) **salt**
1 pkg (454 g) **frozen cheese ravioli,** cooked

VEGETABLE STOCK:
2 each **carrots** and ribs **celery,** chopped
2 **onions** (with skin), chopped
1 **plum tomato**
3 cloves **garlic,** halved
1 pkg (14 g) **dried mixed mushrooms**
¼ tsp (1 mL) each **salt** and **peppercorns**
2 **bay leaves**

VEGETABLE STOCK: In slow cooker, combine carrots, celery, onions, tomato, garlic, dried mushrooms, salt, peppercorns, bay leaves and 7 cups (1.75 L) water. Cover and cook on low until flavourful and vegetables are softened, 6 to 8 hours. Strain into clean saucepan, pressing vegetables to extract liquid.

Bring stock to boil over medium-high heat. Add spinach, peas, mushrooms and salt; simmer until spinach is wilted.

Divide ravioli among 4 bowls; ladle soup over top.

PER SERVING: about 322 cal, 13 g pro, 7 g total fat (trace sat. fat), 53 g carb, 4 g fibre, 25 mg chol, 511 mg sodium. % RDI: 6% calcium, 25% iron, 22% vit A, 8% vit C, 65% folate.

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Slow Cooker Spinach
Ravioli Soup

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4 Main Dishes

Easy and elegant, these recipes feature a variety of heart-friendly options, including poultry, fish and tofu. Light on harmful saturated fat but full of flavour, these dishes will also reduce your intake of salty, fatty restaurant fare – deliciously!

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Broiled Trout with
Warm Lentil Salad

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Broiled Trout with Warm Lentil Salad

Prep: 6 minutes
Cook: 30 minutes
Makes: 4 servings

½ tsp (2 mL) each **ground coriander** and **cumin**
¼ tsp (1 mL) each **cayenne pepper** and **salt**
2 **skinless trout fillets** (1½ lb/750 g)
Lemon wedges

WARM LENTIL SALAD:
3 tbsp (45 mL) **extra-virgin olive oil**
1 cup (250 mL) diced **leek** (white and light green parts only)
½ cup (125 mL) each diced **celery** and **carrot**
1 clove **garlic,** minced
½ tsp (2 mL) each **ground coriander, cumin** and **salt**
1 cup (250 mL) **dried green lentils**
¼ cup (60 mL) minced **fresh celery leaves** and/or **coriander leaves**
3 tbsp (45 mL) **lemon juice**

WARM LENTIL SALAD: In large saucepan, heat 1 tbsp (15 mL) of the oil over medium heat; cook leek, celery, carrot, garlic, coriander, cumin and salt until softened, about 5 minutes.

Stir in 3 cups (750 mL) water; cover and bring to boil. Add lentils; reduce heat and simmer until tender, 25 to 30 minutes. Drain and transfer to bowl. Add remaining oil, celery leaves and lemon juice; toss to combine.

Meanwhile, in small bowl, combine coriander, cumin, cayenne and salt; rub over top of trout fillets. Broil on greased baking sheet until fish flakes easily when tested, 6 to 8 minutes. Serve with lemon wedges and salad.

PER SERVING: about 499 cal, 46 g pro, 21 g total fat (4 g sat. fat), 34 g carb, 7 g fibre, 90 mg chol, 516 mg sodium, 1,233 mg potassium. % RDI: 16% calcium, 43% iron, 38% vit A, 20% vit C, 135% folate.

Crab and Asparagus Frittata

✻ Use skim or 1% milk and omega-3 eggs. Use nonhydrogenated margarine instead of butter.

Prep: 10 minutes
Cook: 17 minutes
Makes: 4 servings

8 **eggs**
2 tbsp (30 mL) **milk**
¼ tsp (1 mL) each **salt** and **pepper**
1 tbsp (15 mL) **vegetable oil**

FILLING:
1 bunch **asparagus** (1 lb/500 g)
1 tbsp (15 mL) **butter**
8 oz (250 g) **crabmeat**
2 tbsp (30 mL) chopped **fresh chives**

FILLING: Snap off woody ends from asparagus; peel remaining stalks. Cut into ¾-inch (2 cm) pieces.

In 10-inch (25 cm) nonstick skillet, melt butter over medium heat; cook asparagus until tender-crisp, about 4 minutes. Stir in crabmeat and chives; cook for 1 minute. Transfer to large bowl.

In separate bowl, whisk together eggs, milk, salt and pepper just until blended but not frothy. Stir into crab mixture.

Wipe skillet; heat oil over medium heat. Pour in egg mixture; cook until top is slightly runny, about 10 minutes. Broil until set, about 2 minutes.

PER SERVING: about 283 cal, 28 g pro, 17 g total fat (7 g sat. fat), 4 g carb, 2 g fibre, 428 mg chol, 712 mg sodium, 434 mg potassium. % RDI: 9% calcium, 25% iron, 31% vit A, 18% vit C, 87% folate.

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Pickerel Burger with Warm Onions

✱ Buy whole grain hamburger buns.

Prep: 22 minutes
Cook: 21 minutes
Makes: 4 servings

1 lb (500 g) **boneless skinless pickerel fillets**
¼ cup (60 mL) **all-purpose flour**
1 **egg,** beaten
1 **green onion,** chopped
2 tsp (10 mL) each chopped **capers** and **lemon juice**
¼ tsp (1 mL) each **salt** and **pepper**
3 tbsp (45 mL) **cornmeal**
2 tbsp (30 mL) **vegetable oil**
4 **hamburger buns**

WARM ONIONS:
1 tbsp (15 mL) each **vegetable oil** and **mustard seeds**
1 **sweet onion,** sliced
¼ cup (60 mL) **cider vinegar**
1 tsp (5 mL) packed **brown sugar**

On foil-lined baking sheet, bake fish in 350°F (180°C) oven until fish flakes easily when tested, 15 minutes. Pat dry; let cool.

In bowl, flake fish with fork; mix in flour, egg, onion, capers, lemon juice, salt and pepper. Shape into 4 patties; refrigerate for 10 minutes. Coat patties in cornmeal.

WARM ONIONS: Meanwhile, in skillet, heat oil over medium heat; cook mustard seeds and onion until softened, about 3 minutes. Add vinegar and sugar; cook until evaporated, about 5 minutes.

In clean skillet, heat oil over medium heat; fry burgers, turning once, until golden, about 6 minutes. Serve on buns along with onions.

PER SERVING: about 486 cal, 31 g pro, 17 g total fat (2 g sat. fat), 51 g carb, 4 g fibre, 144 mg chol, 603 mg sodium, 712 mg potassium. % RDI: 23% calcium, 34% iron, 5% vit A, 7% vit C, 57% folate.

Spaghetti with Tuna, Tomatoes and Capers

✱ Use whole grain spaghetti and sodium-reduced canned tuna.

Prep: 10 minutes
Cook: 13 minutes
Makes: 4 to 6 servings

4 **plum tomatoes** (1 lb/500 g)
12 oz (375 g) **spaghetti**
¼ cup (60 mL) **extra-virgin olive oil**
¼ cup (60 mL) **capers,** drained and rinsed
½ cup (125 mL) chopped **fresh parsley**
3 cloves **garlic,** thinly sliced
¼ tsp (1 mL) each **salt** and **hot pepper flakes**
2 cans (each 6 oz/170 g) **tuna**

Score X in bottoms of tomatoes; plunge in large pot of boiling salted water for 12 seconds. Using slotted spoon, transfer to bowl of ice water; let stand for 20 seconds. Peel off skins; seed, chop and set aside.

In same pot, cook pasta until al dente, about 10 minutes. Drain and return to pot, reserving ¼ cup (60 mL) of the cooking liquid.

Meanwhile, in small skillet, heat oil over medium-high heat; cook capers, stirring, for 1 minute.

Add parsley, garlic, salt and hot pepper flakes; cook, stirring, for 2 minutes. Add to pasta along with tomatoes. Add tuna; toss to coat.

PER EACH OF 6 SERVINGS: about 360 cal, 20 g pro, 11 g total fat (2 g sat. fat), 46 g carb, 4 g fibre, 13 mg chol, 588 mg sodium, 351 mg potassium. % RDI: 3% calcium, 25% iron, 11% vit A, 25% vit C, 60% folate.

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Lemon Herb–Rubbed Trout with Fennel Salad

Prep: 5 minutes
Cook: 8 minutes
Makes: 4 servings

1 tsp (5 mL) **fennel seeds**
¼ cup (60 mL) minced **fresh parsley**
2 tbsp (30 mL) **extra-virgin olive oil**
1 tbsp (15 mL) grated **lemon rind**
1 large clove **garlic,** finely minced
1½ lb (750 g) **skin-on trout fillets**
½ tsp (2 mL) each **salt** and **pepper**
Lemon wedges or slices

SHAVED FENNEL SALAD:
1 **fennel bulb,** thinly sliced (about 3 cups/750 mL)
¼ cup (60 mL) thinly sliced **red onion**
2 tbsp (30 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **lemon juice**
¼ tsp (1 mL) **salt** and **pepper**

Using mortar and pestle or bottom of heavy pot, crush fennel seeds. In small bowl, combine fennel seeds, parsley, oil, lemon rind and garlic.

Pat fish dry; sprinkle with salt and pepper. Place fish, skin side down, on parchment paper–lined or greased baking sheet; rub top with parsley mixture. Roast in 350°F (180°C) oven until fish flakes easily when tested, about 8 minutes.

SHAVED FENNEL SALAD: Meanwhile, in bowl, combine fennel, onion, oil, lemon juice, salt and pepper. Serve with trout and lemon wedges.

PER SERVING: about 348 cal, 30 g pro, 22 g total fat (4 g sat. fat), 7 g carb, 3 g fibre, 80 mg chol, 517 mg sodium, 848 mg potassium. % RDI: 14% calcium, 10% iron, 14% vit A, 38% vit C, 25% folate.

Steamed Halibut

Prep: 10 minutes
Cook: 16 minutes
Makes: 4 servings

4 **halibut fillets** (each 6 oz/175 g)
¼ tsp (1 mL) **pepper**
2 tbsp (30 mL) **vegetable oil**
1 cup (250 mL) sliced **shiitake mushroom caps**
4 tsp (20 mL) **light soy sauce**
1 **sweet red pepper,** julienned
4 slices **prosciutto** or ham, julienned
2 **green onions,** julienned
1 piece (1½-inch/4 cm) **gingerroot,** peeled and finely julienned
½ cup (125 mL) **sodium-reduced chicken broth**
1 tsp (5 mL) **cornstarch**

Arrange fish on heatproof plate; sprinkle with pepper.

In skillet, heat oil over medium heat; cook mushrooms and half of the soy sauce until softened, about 3 minutes. Arrange over fish along with red pepper, prosciutto, green onions and ginger.

Pour enough water into wok to come 1 inch (2.5 cm) below food. Place bamboo steamer or rack in wok; bring to boil. Place plate in steamer or on rack; cover with steamer lid or top of wok and steam over medium-high heat until fish flakes easily when tested, about 12 minutes.

Transfer fish mixture to plate; pour juices into small skillet. Whisk together broth, cornstarch and remaining soy sauce; whisk into skillet and bring to boil. Cook, stirring, until thickened, 1 minute. Pour over fish.

PER SERVING: about 299 cal, 40 g pro, 12 g total fat (2 g sat. fat), 6 g carb, 1 g fibre, 62 mg chol, 538 mg sodium, 952 mg potassium. % RDI: 8% calcium, 15% iron, 19% vit A, 83% vit C, 14% folate.

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Fish Cake Stir-Fry

✱ Use sodium-reduced soy sauce.

Prep: 15 minutes
Cook: 15 minutes
Makes: 4 servings

2 tsp (10 mL) **Chinese rice wine,** sake or dry sherry
1 tsp (5 mL) **light-coloured soy sauce**
¼ tsp (1 mL) each **salt** and **granulated sugar**
3 tbsp (45 mL) **peanut oil** or vegetable oil
2 **green onions,** thinly sliced on the bias
10 **shiitake mushroom caps,** julienned
2 cloves **garlic,** thinly sliced
½ cup (125 mL) julienned **carrot**
1 tsp (5 mL) **sesame oil**

FISH CAKE:

12 oz (375 g) **haddock fillets** or other white-fleshed fish fillets
2 **green onions** (white and light green parts only), finely chopped
1 tsp (5 mL) finely grated **gingerroot**
½ tsp (2 mL) **salt**
½ tsp (2 mL) **clear rice wine** or water
¼ tsp (1 mL) **granulated sugar**
Pinch **white pepper**
⅓ cup (75 mL) **all-purpose flour** (approx)
1 tbsp (15 mL) **vegetable oil**

FISH CAKE: Cut fish into chunks. In food processor, process fish, green onions, ginger, salt, rice wine, sugar and pepper until paste; transfer to bowl.

Sprinkle with flour; knead in bowl until smooth but not sticky, adding 1 to 2 tbsp (15 to 30 mL) more flour as necessary. Turn out onto lightly floured surface; roll out into ½-inch (1 cm) thickness.

In large nonstick skillet, heat oil over medium heat; fry fish cake, turning once, until golden, about 10 minutes. Transfer to paper towels to drain and let cool enough to handle. Cut in half; cut crosswise into ¼-inch (5 mm) thick strips.

In small bowl, stir together rice wine, soy sauce, salt, sugar and 2 tbsp (30 mL) water; set aside.

In wok or skillet, heat peanut oil over medium-high heat; stir-fry green onions, mushrooms, garlic and carrot until carrot is tender-crisp. Stir in wine mixture; stir-fry for 1 minute.

Add fish cake strips and sesame oil; stir-fry until hot.

PER SERVING: about 310 cal, 18 g pro, 15 g total fat (2 g sat. fat), 25 g carb, 1 g fibre, 48 mg chol, 574 mg sodium, 385 mg potassium. % RDI: 4% calcium, 12% iron, 27% vit A, 5% vit C, 17% folate.

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Cedar-Planked Salmon with Maple-Mustard Glaze

✱ If you can't grill this outside, bake it on planks in a 425°F (220°C) oven for about 12 minutes.

Prep: 6 minutes **Stand:** 30 minutes
Cook: 20 minutes
Makes: 12 pieces

1½ lb (750 g) **salmon fillet**
¼ cup (60 mL) **maple syrup**
2 tbsp (30 mL) grainy **Dijon mustard**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**

Soak one 12- x 7-inch (30 x 18 cm) untreated cedar plank in water for 30 minutes or for up to 24 hours; place salmon on top.

In small bowl, whisk together maple syrup, mustard, salt and pepper; brush half over salmon.

Place plank on grill over medium-high heat; close lid and cook, brushing once with remaining maple mixture, until fish flakes easily when tested, 20 to 25 minutes.

Halve salmon lengthwise; cut crosswise into 6 slices. Transfer to serving platter.

PER PIECE: about 111 cal, 10 g pro, 6 g total fat (1 g sat. fat), 5 g carb, trace fibre, 28 mg chol, 157 mg sodium, 187 mg potassium. % RDI: 1% calcium, 2% iron, 1% vit A, 3% vit C, 7% folate.

Chicken Squash Curry

Prep: 8 minutes
Cook: 26 minutes
Makes: 4 servings

2 tbsp (30 mL) **vegetable oil**
1 lb (500 g) **boneless skinless chicken thighs,** cubed
1 **onion,** chopped
2 **hot green peppers,** seeded and chopped
2 cups (500 mL) cubed seeded peeled **butternut squash** (about 1 lb/500 g)
3 tbsp (45 mL) mild Indian **curry paste**
1 can (28 oz/796 mL) diced **tomatoes**
¼ cup (60 mL) chopped **fresh coriander**

In Dutch oven, heat half of the oil over medium-high heat; brown chicken. Remove to plate.

In same Dutch oven, heat remaining oil over medium heat; cook onion and hot peppers, stirring occasionally, until softened, about 5 minutes.

Add squash and curry paste; cook, stirring, until fragrant, about 1 minute.

Add tomatoes and bring to boil, scraping up browned bits. Return chicken and any juices to pan. Reduce heat, cover and simmer until squash is tender, about 20 minutes. Sprinkle with coriander.

PER SERVING: about 345 cal, 25 g pro, 19 g total fat (3 g sat. fat), 21 g carb, 4 g fibre, 94 mg chol, 673 mg sodium, 928 mg potassium. % RDI: 10% calcium, 27% iron, 96% vit A, 88% vit C, 17% folate.

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Marmalade-Glazed Chicken Thighs

Prep: 10 minutes **Stand:** 15 minutes
Cook: 13 minutes
Makes: 4 servings

2 tbsp (30 mL) **lemon juice**
1 tbsp (15 mL) **extra-virgin olive oil**
2 tsp (10 mL) chopped **fresh rosemary**
1 clove **garlic,** minced
¼ tsp (1 mL) each **salt** and **pepper**
8 **boneless skinless chicken thighs**
2 tbsp (30 mL) **orange marmalade,** melted

In bowl, whisk together lemon juice, oil, rosemary, garlic, salt and pepper; set aside.

Cut chicken thighs in half crosswise; add to marinade, tossing to coat. Let stand for 15 minutes or for up to 8 hours.

Thread chicken onto 8 pairs of soaked wooden skewers. Place on greased grill over medium heat; brush with any remaining marinade. Close lid and grill, turning once, until juices run clear when chicken is pierced, 12 to 15 minutes. Brush with marmalade; grill, turning, for 1 minute.

PER SERVING: about 204 cal, 22 g pro, 9 g total fat (2 g sat. fat), 8 g carb, trace fibre, 95 mg chol, 248 mg sodium, 285 mg potassium. % RDI: 2% calcium, 9% iron, 2% vit A, 12% vit C, 5% folate.

Chicken with Tabbouleh Salad

Prep: 15 minutes **Stand:** 15 minutes
Cook: 10 minutes
Makes: 4 servings

3 cups (750 mL) **boiling water**
1½ cups (375 mL) **bulgur**
1 cup (250 mL) chopped **fresh parsley**
1 **green onion,** minced
¼ cup (60 mL) **lemon juice**
2 tbsp (30 mL) **extra-virgin olive oil**
¼ tsp (1 mL) each **salt** and **pepper**

SPICE RUB:
2 tbsp (30 mL) **extra-virgin olive oil**
2 cloves **garlic,** minced
1 tsp (5 mL) **dried mint** or parsley
½ tsp (2 mL) each **ground coriander** and **salt**
Pinch each **ground cloves** and **cinnamon**
4 **boneless skinless chicken breasts**

In heatproof bowl, pour boiling water over bulgur; cover and let stand until tender, about 15 minutes. Drain, squeezing out as much water as possible; return to bowl.

Stir in parsley, onion, lemon juice, oil, salt and pepper.

SPICE RUB: Meanwhile, in separate bowl, combine oil, garlic, mint, coriander, salt, cloves and cinnamon; brush over chicken. Let stand for 10 minutes.

Place chicken on greased grill over medium-high heat; close lid and grill, turning once, until no longer pink inside, about 10 minutes. Serve with tabbouleh.

PER SERVING: about 458 cal, 38 g pro, 16 g total fat (3 g sat. fat), 43 g carb, 7 g fibre, 79 mg chol, 522 mg sodium, 642 mg potassium. % RDI: 5% calcium, 28% iron, 14% vit A, 42% vit C, 31% folate.

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Chicken Squash Curry,
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Pappardelle with Creamy Chicken Sauce

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Pappardelle with Creamy Chicken Sauce

Prep: 5 minutes
Cook: 14 minutes
Makes: 4 servings

1 pkg (250 g) **pappardelle nests**
2 **boneless skinless chicken breasts**
2 tbsp (30 mL) **all-purpose flour**
½ tsp (2 mL) each **salt, pepper** and **ground coriander**
2 tbsp (30 mL) **vegetable oil**
3 **green onions,** sliced (white parts only)
1 clove **garlic,** minced
½ cup (125 mL) **sodium-reduced chicken broth**
1 cup (250 mL) **frozen peas**
½ cup (125 mL) **light sour cream**
2 tbsp (30 mL) chopped **fresh dill** (or 2 tsp/10 mL dried dillweed)
2 tsp (10 mL) **lemon juice**

In large pot of boiling salted water, cook pasta until al dente, about 7 minutes. Drain and return to pot.

Meanwhile, halve chicken horizontally; cut into ½-inch (1 cm) thick strips. Sprinkle with flour, salt, pepper and ground coriander.

In large nonstick skillet, heat oil over medium-high heat; cook chicken, green onions and garlic until chicken is no longer pink inside, about 5 minutes.

Stir in broth; bring to boil. Whisk in peas, sour cream and dill; reduce heat and simmer until slightly thickened, about 2 minutes. Add to pasta along with lemon juice; toss to coat.

PER SERVING: about 448 cal, 28 g pro, 11 g total fat (2 g sat. fat), 59 g carb, 5 g fibre, 43 mg chol, 614 mg sodium, 404 mg potassium. % RDI: 9% calcium, 26% iron, 9% vit A, 10% vit C, 73% folate.

Leek and Cheese Chicken Breasts

✱ Choose a cheese with less fat, such as mozzarella or light Swiss.

Prep: 15 minutes
Cook: 20 minutes
Makes: 2 servings

4 tsp (20 mL) **extra-virgin olive oil**
⅔ cup (150 mL) thinly sliced **leeks** (white and light green parts only)
½ tsp (2 mL) **dried thyme**
¼ cup (60 mL) **dry white wine**
⅓ cup (75 mL) shredded **Gruyère cheese**
1 tbsp (15 mL) each chopped **fresh parsley** and drained **oil-packed sun-dried tomatoes**
2 **boneless skin-on chicken breasts**
Pinch each **salt** and **pepper**

In large ovenproof skillet, heat half of the oil over medium heat; cook leeks and thyme, stirring occasionally, until softened, about 3 minutes.

Stir in wine and bring to boil; cook, stirring, until no liquid remains, about 2 minutes. Transfer to bowl. Mix in cheese, parsley and tomatoes. Set aside.

Cut chicken in half almost but not all the way through; open like book. Divide filling over 1 side of each breast. Fold over; secure edge with toothpicks. Brush with remaining oil; sprinkle with salt and pepper.

In same skillet, brown chicken over medium-high heat. Bake in 425°F (220°C) oven until no longer pink inside, about 15 minutes.

PER SERVING (WITHOUT SKIN): about 404 cal, 36 g pro, 26 g total fat (8 g sat. fat), 4 g carb, 1 g fibre, 117 mg chol, 148 mg sodium. % RDI: 20% calcium, 12% iron, 11% vit A, 12% vit C, 9% folate.

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Braised Korean Chicken Stew

Prep: 15 minutes **Stand:** 30 minutes
Cook: 1 hour
Makes: 6 to 8 servings

1½ cups (375 mL) **boiling water**
10 **dried shiitake mushrooms**
3 tbsp (45 mL) **vegetable oil**
3 lb (1.5 kg) **chicken drumsticks**
5 cloves **garlic,** minced
1 tbsp (15 mL) **Korean coarse chili powder** (or 1 tsp/5 mL hot pepper flakes)
½ cup (125 mL) **sodium-reduced soy sauce**
3 tbsp (45 mL) **granulated sugar**
2 tbsp (30 mL) **Chinese rice wine,** sake or dry sherry
2 tbsp (30 mL) **lemon juice**
1 lb (500 g) **daikon radish,** peeled and cut into 1½-inch (4 cm) cubes
4 **green onions,** chopped
1 large **Spanish onion,** chopped
12 peeled **chestnuts** (optional)
2 **hot green peppers,** seeded and sliced
2 tsp (10 mL) toasted **pine nuts**

In small bowl, pour boiling water over mushrooms; let stand for 30 minutes. Drain, reserving liquid; remove and discard stems.

In large skillet, heat half of the oil over medium-high heat; brown chicken, in batches. Transfer to plate.

Drain all but 1 tbsp (15 mL) of the fat from pan; fry garlic and chili powder over medium-low heat for 30 seconds. Stir in ½ cup (125 mL) water, soy sauce, sugar, rice wine and lemon juice. Remove from heat; set aside.

In shallow Dutch oven, bring radish, green onions, Spanish onion, chestnuts (if using), mushrooms and reserved mushroom liquid to boil over medium heat; cover and boil for 5 minutes.

Add chicken and soy sauce mixture; bring to boil. Reduce heat to medium-low; simmer, covered, for 25 minutes, stirring occasionally.

Stir in hot peppers; simmer until radish is tender, about 15 minutes. Garnish with pine nuts.

PER EACH OF 8 SERVINGS: about 300 cal, 23 g pro, 16 g total fat (4 g sat. fat), 17 g carb, 3 g fibre, 92 mg chol, 638 mg sodium, 552 mg potassium. % RDI: 4% calcium, 14% iron, 4% vit A, 27% vit C, 16% folate.

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Spicy Orange Paprika-Grilled Chicken

Prep: 15 minutes **Chill:** 10 minutes
Cook: 45 minutes
Makes: 4 servings

3 lb (1.5 kg) **chicken,** cut in half
1 tbsp (15 mL) each grated **orange rind** and **orange juice**
1 tbsp (15 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **liquid honey**
2 tsp (10 mL) **paprika**
1 tsp (5 mL) each **ground coriander** and **ginger**
¾ tsp (4 mL) **salt**
½ tsp (2 mL) **cayenne pepper**
2 small cloves **garlic,** minced

Place chicken in shallow dish. In bowl, whisk together orange rind and juice, oil, honey, paprika, coriander, ginger, salt, cayenne and garlic; brush over chicken. Cover and refrigerate for 10 minutes or for up to 24 hours.

Heat 1 burner of 2-burner barbecue or 2 outside burners of 3-burner barbecue. Brush grill over unlit burner with oil.

Place chicken, bone side down, on greased grill. Close lid and grill, turning once, until juices run clear when thigh is pierced, about 45 minutes. Move any pieces that need more crisping (without overbrowning) over direct heat. Transfer to cutting board. Let stand for 10 minutes before carving.

PER SERVING (WITHOUT SKIN): about 277 cal, 29 g pro, 15 g total fat (4 g sat. fat), 7 g carb, 1 g fibre, 102 mg chol, 520 mg sodium, 388 mg potassium. % RDI: 2% calcium, 11% iron, 10% vit A, 8% vit C, 5% folate.

Chicken and Egg Donburi

✻ Use sodium-reduced soy sauce.

Prep: 10 minutes
Cook: 5 minutes
Makes: 2 or 3 servings

3 **eggs**
Pinch **pepper**
2 tbsp (30 mL) **mirin**
4 tsp (20 mL) **soy sauce**
2 tsp (10 mL) **granulated sugar**
¾ cup (175 mL) thinly sliced **sweet onion**
4 **boneless skinless chicken thighs,** cut into 1-inch (2.5 cm) chunks
2 **green onions,** cut into chunks
1 cup (250 mL) sliced **cremini mushrooms**
2 cups (500 mL) lightly packed **watercress leaves** and **stems** (optional)
1½ cups (375 mL) **hot cooked rice**

In bowl, beat eggs with pepper; set aside.

In measuring cup, whisk together ½ cup (125 mL) water, mirin, soy sauce and sugar; set aside.

In nonstick skillet, sprinkle onion evenly over pan; top with chicken, green onions, mushrooms, and watercress (if using). Pour soy sauce mixture over top; cover and simmer over medium heat until juices run clear when chicken is pierced, about 5 minutes.

Pour eggs over chicken; cover and simmer on low heat until lightly set, about 30 seconds. Serve over rice.

PER EACH OF 3 SERVINGS: about 341 cal, 25 g pro, 9 g total fat (3 g sat. fat), 37 g carb, 2 g fibre, 250 mg chol, 534 mg sodium, 464 mg potassium. % RDI: 6% calcium, 14% iron, 9% vit A, 7% vit C, 21% folate.

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Soy-Marinated Flank Steak, page 66

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Black Bean, Beef and Vegetable Stir-Fry

Prep: 10 minutes
Cook: 10 minutes
Makes: 4 servings

12 oz (375 g) **beef flank marinating steak,** thinly sliced across the grain
½ tsp (2 mL) **pepper**
1 cup (250 mL) **sodium-reduced beef broth**
3 tbsp (45 mL) **black bean sauce**
1 tbsp (15 mL) **cornstarch**
2 tbsp (30 mL) **vegetable oil**
2 cloves **garlic,** minced
1 tbsp (15 mL) minced **gingerroot**
2 cups (500 mL) **broccoli florets**
2 **sweet orange peppers,** cut into chunks
1 **white onion,** cut into chunks
1 tsp (5 mL) **sesame oil**

Sprinkle beef with pepper. In bowl, whisk together broth, black bean sauce and cornstarch. Set aside.

In wok or skillet, heat half of the oil over medium-high heat; stir-fry beef until browned but still pink inside, about 3 minutes. Transfer to plate.

Add remaining oil to wok; stir-fry garlic and ginger for 30 seconds. Add broccoli, peppers and onion; stir-fry for 2 minutes. Cover and steam for 2 minutes.

Return beef and any accumulated juices to wok. Add black bean mixture; stir-fry until slightly thickened, about 3 minutes. Drizzle with sesame oil.

PER SERVING: about 307 cal, 22 g pro, 16 g total fat (4 g sat. fat), 20 g carb, 2 g fibre, 40 mg chol, 409 mg sodium, 739 mg potassium. % RDI: 5% calcium, 18% iron, 21% vit A, 193% vit C, 20% folate.

Soy-Marinated Flank Steak

Prep: 15 minutes **Marinate:** 30 minutes
Cook: 15 minutes
Makes: 6 to 8 servings

¼ cup (60 mL) **sodium-reduced soy sauce**
1 tbsp (15 mL) **mirin** or granulated sugar
1 tbsp (15 mL) **sesame oil**
2 tsp (10 mL) minced **gingerroot**
3 cloves **garlic,** thinly sliced
8 **green onions**
2 lb (1 kg) **beef flank marinating steak**

In shallow dish, whisk together soy sauce, mirin, sesame oil, ginger and garlic. Trim green onions; add to marinade. Add steak, turning to coat. Cover and refrigerate for 30 minutes or for up to 8 hours.

Pour marinade into small saucepan; bring to boil over medium-high heat. Reduce heat and simmer for 3 minutes.

Meanwhile, place steak on greased grill over medium-high heat; close lid and grill, turning once and basting with marinade, until medium-rare, 10 to 12 minutes. Let stand for 5 minutes before slicing across the grain.

Meanwhile, grill onions until tender, about 4 minutes.

PER EACH OF 8 SERVINGS: about 215 cal, 25 g pro, 9 g total fat (3 g sat. fat), 6 g carb, 1 g fibre, 48 mg chol, 406 mg sodium, 360 mg potassium. % RDI: 3% calcium, 18% iron, 2% vit A, 7% vit C, 7% folate.

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Flank Steak Sandwich with Pepper Sauce

✻ Use whole grain oval buns. Reduce sodium by omitting it in both the marinade and sauce.

Prep: 20 minutes
Cook: 15 minutes
Makes: 4 servings

1 lb (500 g) **beef flank marinating steak,** 1 inch (2.5 cm) thick
¼ tsp (1 mL) each **salt, cayenne** and **black pepper**
4 oval **buns**
1 bunch **arugula,** trimmed

PEPPER SAUCE:

1 **sweet red pepper**
¼ cup (60 mL) **blanched almonds,** toasted
¼ cup (60 mL) chopped seeded **tomato**
1 clove **garlic,** sliced
2 tbsp (30 mL) minced **fresh parsley**
1 tbsp (15 mL) **tomato paste**
1 tbsp (15 mL) each **extra-virgin olive oil** and **red wine vinegar**
½ tsp (2 mL) each **salt** and **paprika**

PEPPER SAUCE: Place red pepper on greased grill over medium-high heat; close lid and grill, turning, until charred, 15 to 20 minutes. Let cool. Peel and seed.

In food processor, purée together red pepper, almonds, tomato, garlic, parsley, tomato paste, oil, vinegar, salt and paprika until smooth but still has bits of almond.

Meanwhile, sprinkle steak with salt, cayenne and pepper. Place on greased grill over medium-high heat; close lid and grill, turning once, until medium-rare, 8 to 10 minutes. Transfer to cutting board and tent with foil; let stand for 10 minutes before thinly slicing across the grain.

Cut buns in half lengthwise. Sandwich arugula, steak and pepper sauce in buns.

PER SERVING: about 434 cal, 33 g pro, 16 g total fat (4 g sat. fat), 39 g carb, 4 g fibre, 48 mg chol, 828 mg sodium, 597 mg potassium. % RDI: 13% calcium, 38% iron, 25% vit A, 100% vit C, 50% folate.

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Ground Beef Curry

✱ Try extra-lean ground beef.

Prep: 12 minutes
Cook: 40 minutes
Makes: 4 to 6 servings

3 tbsp (45 mL) **vegetable oil**
2 **onions,** diced
1 tbsp (15 mL) each minced **garlic** and **gingerroot**
2 tbsp (30 mL) **madras curry powder**
2 tbsp (30 mL) **tomato paste**
¾ tsp (4 mL) **salt**
Pinch **hot pepper flakes**
1 lb (500 g) **lean ground beef**
1 lb (500 g) **Yukon Gold potatoes,** peeled and diced
1 can (14 oz/400 mL) diced **tomatoes**
1 tbsp (15 mL) **sodium-reduced soy sauce**
1 cup (250 mL) **frozen green peas**

In large shallow Dutch oven, heat oil over medium heat; cook onions, stirring occasionally, until golden, about 12 minutes.

Add garlic and ginger; cook for 3 minutes. Add curry powder, tomato paste, salt and hot pepper flakes; cook, stirring, for 2 minutes.

Add beef, breaking up with spoon; cook until browned. Add potatoes; cook for 2 minutes.

Add tomatoes, soy sauce and 1 cup (250 mL) water; bring to boil. Reduce heat, cover and simmer until potatoes are tender, about 15 minutes. Stir in peas; cook for 5 minutes.

PER EACH OF 6 SERVINGS: about 328 cal, 19 g pro, 18 g total fat (5 g sat. fat), 25 g carb, 4 g fibre, 45 mg chol, 548 mg sodium, 712 mg potassium. % RDI: 6% calcium, 24% iron, 6% vit A, 30% vit C, 16% folate.

Rotisserie Prime Rib

✱ Reduce salt to 1 tsp (5 mL).

Prep: 10 minutes
Cook: 70 minutes
Makes: 8 servings

4 cloves **garlic,** minced
1½ tsp (7 mL) **salt**
½ tsp (2 mL) **pepper**
1 tbsp (15 mL) **extra-virgin olive oil**
4 lb (2 kg) **boneless beef prime rib premium rotisserie roast**
7 sprigs **rosemary**

On cutting board, smash garlic with side of knife; rub in salt and pepper to make paste. Mix in olive oil; rub over roast. Slip rosemary under strings all around roast.

Follow manufacturer's instructions for using rotisserie. Or, for 3-burner barbecue, remove grill racks. Place drip pan along centre of barbecue. Pour water into pan to depth of 1 inch (2.5 cm). Heat barbecue to medium-high. Turn off centre burner.

Clamp roast end with rotisserie fork. Insert spit and clamp in other end. Position on barbecue with roast centred over drip pan. Start rotisserie. Close lid and grill over medium heat until meat thermometer inserted into centre registers 140°F (60°C) for medium-rare, about 70 minutes.

Transfer roast to cutting board; pull out forks and spit. Tent with foil and let stand for 20 minutes before carving.

PER SERVING: about 339 cal, 43 g pro, 16 g total fat (7 g sat. fat), 1 g carb, trace fibre, 93 mg chol, 530 mg sodium. % RDI: 2% calcium, 24% iron, 4% folate.

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Red Wine Garlic Pot Roast

Prep: 15 minutes **Stand:** 20 minutes
Cook: 3¼ hours
Makes: 8 to 10 servings

1 pkg (14 g) **dried shiitake mushrooms**
3 lb (1.5 kg) **boneless blade beef pot roast**
½ tsp (2 mL) each **salt** and **pepper**
3 tbsp (45 mL) **vegetable oil**
2 **onions,** diced
10 cloves **garlic,** sliced
2 cups (500 mL) **fresh shiitake mushrooms,** stemmed and quartered
1 **bay leaf**
Pinch **allspice**
2 tbsp (30 mL) **tomato paste**
1 cup (250 mL) each **red wine** and **sodium-reduced beef broth**
1 tbsp (15 mL) **butter**
1 pkg (10 oz/284 g) **pearl onions,** peeled

In bowl, pour 1 cup (250 mL) boiling water over dried mushrooms; let stand until softened, about 20 minutes. Strain, reserving liquid. Remove stems and discard. Slice caps; set aside.

Sprinkle roast with salt and pepper. In large Dutch oven, heat 1 tbsp (15 mL) of the oil over medium-high heat; brown roast all over. Transfer to plate.

Add remaining oil to pan; cook onions and garlic over medium heat, stirring occasionally, until softened, 3 to 4 minutes.

Add fresh shiitake mushrooms, soaked mushrooms, bay leaf and allspice; cook for 2 minutes. Add tomato paste; cook for 1 minute.

Add wine, broth and reserved mushroom liquid, stirring to scrape up any browned bits. Return roast and any accumulated juices to pan; bring to boil. Remove from heat.

Cover and braise in 300°F (150°C) oven, basting every 30 minutes and turning once, for 2½ hours.

Meanwhile, in skillet, melt butter over medium heat; cook pearl onions until tender and golden, about 10 minutes. Add to roast; cook, uncovered, until roast is fork-tender, about 30 minutes. Discard bay leaf.

Transfer roast to cutting board and slice across the grain. Serve with sauce.

PER EACH OF 10 SERVINGS: about 329 cal, 28 g pro, 20 g total fat (6 g sat. fat), 8 g carb, 1 g fibre, 83 mg chol, 283 mg sodium, 395 mg potassium. % RDI: 3% calcium, 22% iron, 2% vit A, 5% vit C, 7% folate.

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Beef or Bison Kabobs with Spiced Salt

Prep: 15 minutes
Cook: 6 minutes
Makes: 12 servings

1½ lb (750 g) **beef loin grilling steak** or bison strip loin grilling steak
1 tbsp (15 mL) **Spiced Salt** (recipe follows)
1 tbsp (15 mL) **canola oil** or vegetable oil

Cut beef into 36 pieces; transfer to bowl. Toss with Spiced Salt and oil. Thread 3 pieces onto each of twelve 4-inch (10 cm) metal or soaked wooden skewers.

Place skewers on greased grill over high heat; close lid and grill, turning once, until medium-rare, 6 to 8 minutes, or until desired doneness. Let stand for 3 minutes before serving.

PER SERVING: about 93 cal, 13 g pro, 4 g total fat (1 g sat. fat), trace carb, trace fibre, 28 mg chol, 126 mg sodium, 132 mg potassium. % RDI: 9% iron, 1% vit A, 1% folate.

Spiced Salt

Prep: 5 minutes
Makes: about 5 tbsp (75 mL)

1 tbsp (15 mL) **coriander seeds,** lightly toasted
1 tbsp (15 mL) **black peppercorns**
1 tsp (5 mL) **dillseeds**
4 tsp (20 mL) coarse **sea salt** or kosher salt
2 tsp (10 mL) **paprika**
2 tsp (10 mL) **hot pepper flakes**
1½ tsp (7 mL) **granulated garlic** (or 1 tsp/5 mL garlic powder)

In grinder, coarsely grind together coriander seeds, peppercorns and dillseeds; mix in salt, paprika, hot pepper flakes and garlic.

Lemon Mint Pork Tenderloin

Prep: 10 minutes **Marinate:** 10 minutes
Cook: 15 minutes
Makes: 4 to 6 servings

1 tbsp (15 mL) grated **lemon rind**
3 tbsp (45 mL) each **lemon juice, extra-virgin olive oil** and **liquid honey**
1 tbsp (15 mL) chopped **fresh mint**
1 clove **garlic,** minced
2 **pork tenderloins** (each about 12 oz/375 g)
¼ tsp (1 mL) each **salt** and **pepper**

In large bowl, whisk together lemon rind and juice, oil, honey, mint and garlic. Add pork, turning to coat; cover and refrigerate for 10 minutes or for up to 8 hours.

Place pork on greased grill over medium-high heat; brush with any remaining marinade. Close lid and grill, turning once, until juices run clear when pork is pierced and just a hint of pink remains inside, 15 to 20 minutes.

Transfer to cutting board and tent with foil; let stand for 5 minutes before carving into ½-inch (1 cm) thick slices. Sprinkle with salt and pepper.

PER EACH OF 6 SERVINGS: about 222 cal, 25 g pro, 9 g total fat (2 g sat. fat), 10 g carb, trace fibre, 61 mg chol, 148 mg sodium, 375 mg potassium. % RDI: 1% calcium, 9% iron, 8% vit C, 3% folate.

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Lemon Mint Pork
Tenderloin

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Lima Bean and Lamb Stew

✻ Use sodium-reduced or salt-free canned tomatoes. To cook beans, see "Dried Beans," page 120.

Prep: 15 minutes
Cook: 1½ hours
Makes: 6 to 8 servings

3 lb (1.5 kg) **boneless leg of lamb**
¼ cup (60 mL) **vegetable oil**
2 **onions,** chopped
3 cloves **garlic,** smashed
½ tsp (2 mL) each **salt, ground cumin, coriander** and **ginger**
¼ tsp (1 mL) each **turmeric, cinnamon** and **ground cardamom**
¼ tsp (1 mL) **pepper**
Pinch each **saffron, cayenne pepper** and **ground cloves**
1 cup (250 mL) **bean cooking liquid** or water
1 can (28 oz/796 mL) **whole tomatoes**
¼ cup (60 mL) **tomato paste**
2 strips **lemon rind**
3 cups (750 mL) cooked **large lima beans**
½ cup (125 mL) quartered **green olives**
⅓ cup (75 mL) chopped **fresh parsley**

Trim fat off lamb; cut meat into 1-inch (2.5 cm) cubes. In Dutch oven, heat half of the oil over high heat; brown lamb, in batches. Transfer to plate and set aside. Pour off any fat from pan.

Add remaining oil to pan and heat over medium heat; cook onions and garlic, stirring occasionally, until softened, about 6 minutes.

Stir in salt, cumin, coriander, ginger, turmeric, cinnamon, cardamom, pepper, saffron, cayenne and cloves; cook, stirring, for 2 minutes.

Stir in bean cooking liquid, scraping up browned bits. Return lamb and any juices to pan.

Add tomatoes, breaking up with spoon. Add tomato paste and lemon rind; bring to boil. Reduce heat, cover and simmer until lamb is tender, about 1 hour.

Stir in lima beans and olives; simmer, uncovered, for 10 minutes. Stir in parsley; cook for 1 minute.

PER EACH OF 8 SERVINGS: about 376 cal, 36 g pro, 15 g total fat (3 g sat. fat), 25 g carb, 5 g fibre, 93 mg chol, 513 mg sodium. % RDI: 8% calcium, 42% iron, 7% vit A, 45% vit C, 24% folate.

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Cider-Sage Pork Chops

Prep: 8 minutes
Cook: 18 minutes
Makes: 4 servings

2 tbsp (30 mL) **extra-virgin olive oil**
4 **bone-in pork loin centre chops**
Half **onion,** minced
2 cloves **garlic,** minced
1 tsp (5 mL) crumbled **dried sage**
¼ tsp (1 mL) each **salt** and **pepper**
¼ cup (60 mL) **cider vinegar**
½ cup (125 mL) **sodium-reduced chicken broth**
1 tbsp (15 mL) chopped **fresh parsley**
½ tsp (2 mL) **Dijon mustard**

In large skillet, heat half of the oil over medium-high heat; brown chops. Transfer to plate. Drain fat from pan.

Add remaining oil to pan; cook onion, garlic, sage, salt and pepper until softened, about 3 minutes. Stir in vinegar; boil until no liquid remains.

Add broth, ½ cup (125 mL) water and chops; bring to boil. Reduce heat, cover and simmer until juices run clear when pork is pierced and just a hint of pink remains inside, about 10 minutes. Transfer to plate.

Boil sauce until reduced to ½ cup (125 mL), 5 to 7 minutes. Whisk in parsley and mustard. Spoon over chops.

PER SERVING: about 246 cal, 22 g pro, 16 g total fat (4 g sat. fat), 3 g carb, trace fibre, 65 mg chol, 287 mg sodium, 375 mg potassium. % RDI: 3% calcium, 8% iron, 1% vit A, 3% vit C, 3% folate.

Lamb Chops with Orzo Salad

✻ Use whole grain orzo pasta.

Prep: 10 minutes
Cook: 16 minutes
Makes: 4 servings

1 clove **garlic**
¼ tsp (1 mL) **salt**
½ tsp (2 mL) **dried Italian herb seasoning**
¼ tsp (1 mL) **pepper**
8 **lamb loin chops**

ORZO SALAD:
1 cup (250 mL) **orzo pasta**
1½ cups (375 mL) halved **cherry tomatoes**
⅓ cup (75 mL) crumbled **feta cheese**
¼ cup (60 mL) chopped **fresh coriander**
¼ cup (60 mL) finely diced **red onion**
2 tbsp (30 mL) **red wine vinegar**
1 tbsp (15 mL) **extra-virgin olive oil**
¼ tsp (1 mL) each **salt** and **pepper**

ORZO SALAD: In saucepan of boiling salted water, cook pasta until al dente, about 8 minutes. Drain well and transfer to bowl.

Add tomatoes, feta cheese, coriander, onion, vinegar, oil, salt and pepper; toss well and set aside.

Meanwhile, finely chop garlic. Add salt; using flat side of knife, rub into paste. Add Italian seasoning and pepper; rub over chops.

Place chops on greased grill over medium-high heat; close lid and grill, turning once, until medium-rare, about 8 minutes. Serve with Orzo Salad.

PER SERVING: about 358 cal, 26 g pro, 12 g total fat (5 g sat. fat), 36 g carb, 3 g fibre, 80 mg chol, 575 mg sodium, 319 mg potassium. % RDI: 9% calcium, 17% iron, 7% vit A, 13% vit C, 10% folate.

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Saag Paneer

✻ Saag paneer means "spinach cheese." If paneer is unavailable, you can use other fresh cheeses, such as Mexican- or Spanish-style. Or make your own, following our recipe for Homemade Paneer (this page).

Prep: 10 minutes
Cook: 18 minutes
Makes: 4 to 6 servings

2 bunches **spinach,** trimmed
2 tbsp (30 mL) **vegetable oil**
¾ tsp (4 mL) **cumin seeds**
1 **onion,** finely chopped
1 tbsp (15 mL) **butter**
3 cloves **garlic,** minced
2 tsp (10 mL) finely grated or minced **gingerroot**
¼ cup (60 mL) finely chopped **fresh coriander**
2 tsp (10 mL) **ground Indian hot pepper** (or ½ tsp/2 mL cayenne pepper)
¾ tsp (4 mL) **salt**
½ tsp (2 mL) **ground coriander**
½ tsp (2 mL) **turmeric**
Pinch **cinnamon**
3 **plum tomatoes,** peeled and finely chopped
⅓ cup (75 mL) **Balkan-style plain yogurt**
2 tsp (10 mL) **lemon juice**
⅜ tsp (1.5 mL) **garam masala**
Homemade Paneer (recipe follows), cubed

Blanch spinach just until wilted; drain and chill under cold water. Drain again. In food processor, purée spinach with ¼ cup (60 mL) water; set aside.

In large deep skillet, heat oil over medium-high heat; cook cumin seeds until slightly darkened, about 10 seconds. Add onion and butter; cook until onion is golden, about 8 minutes.

Reduce heat to medium; stir in garlic and ginger and cook for 1 minute. Stir in fresh coriander, hot pepper, salt, ground coriander, turmeric and cinnamon; cook, stirring, until very fragrant, about 30 seconds.

Add tomatoes and cook, stirring, until tomatoes break down, about 3 minutes.

Stir in puréed spinach; cover and cook, stirring occasionally and adding 1 to 2 tbsp (15 to 30 mL) water if mixture is no longer saucy, until steaming hot, about 3 minutes.

Stir in yogurt, lemon juice and garam masala; bring to simmer. Reduce heat to low; add paneer. Cover and cook until heated through, about 2 minutes.

PER EACH OF 6 SERVINGS: about 162 cal, 7 g pro, 11 g total fat (4 g sat. fat), 11 g carb, 4 g fibre, 20 mg chol, 688 mg sodium, 715 mg potassium. % RDI: 25% calcium, 31% iron, 122% vit A, 30% vit C, 77% folate.

Homemade Paneer

Prep: 5 minutes **Chill:** 8 hours
Makes: 8 oz (250 g)

6 cups (1.5 L) **homogenized milk**
½ cup (125 mL) **lemon juice**
Pinch **salt**

In large saucepan, bring milk to boil; remove from heat. Add lemon juice; stir until milk curdles and separates into spongy white chunks (curds) and greenish milky water (whey). Stir in salt.

Pour into double cheesecloth–lined strainer set over bowl. Let stand until most of the liquid has drained off. Fold cheesecloth over top; weigh down with plate and full 28-oz (796 mL) can. Refrigerate for 8 hours or for up to 24 hours. Remove cheesecloth.

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Yogurt Lamb Kabobs with Kachumber Salad

Prep: 15 minutes **Stand:** 25 minutes
Cook: 10 minutes
Makes: 4 to 6 servings

1 cup (250 mL) **Balkan-style plain yogurt**
1 tbsp (15 mL) grated **gingerroot**
1 tbsp (15 mL) **vegetable oil**
2 cloves **garlic,** minced
1 tsp (5 mL) each **ground cumin, coriander** and **turmeric**
1 tsp (5 mL) **lime juice**
½ tsp (2 mL) **salt**
2½ lb (1.25 kg) **boneless leg of lamb**

KACHUMBER SALAD:
1 cup (250 mL) each coarsely chopped **cucumber, red onion** and **tomato**
2 tbsp (30 mL) **lime juice**
¼ tsp (1 mL) each **granulated sugar, salt** and **cayenne**
2 tbsp (30 mL) coarsely chopped **fresh coriander**

Drain yogurt in cheesecloth-lined sieve set over bowl for 10 minutes. Transfer yogurt to clean bowl, discarding whey. Stir in ginger, oil, garlic, cumin, coriander, turmeric, lime juice and salt.

Cut lamb into 1½-inch (4 cm) cubes; add to bowl, tossing to coat. Cover and refrigerate for 15 minutes or for up to 8 hours.

Thread lamb onto soaked wooden skewers. Place on greased grill over medium-high heat; close lid and grill, turning once, just until pink inside, about 10 minutes.

KACHUMBER SALAD: In bowl, toss cucumber, onion, tomato, lime juice, sugar, salt and cayenne; stir in fresh coriander. Serve with lamb.

PER EACH OF 6 SERVINGS: about 303 cal, 36 g pro, 13 g total fat (5 g sat. fat), 8 g carb, 1 g fibre, 129 mg chol, 359 mg sodium, 446 mg potassium. % RDI: 7% calcium, 24% iron, 5% vit A, 13% vit C, 6% folate.

Linguine with Kale and Radicchio

Prep: 8 minutes
Cook: 8 minutes
Makes: 4 servings

8 oz (250 g) **linguine**
1 tbsp (15 mL) **extra-virgin olive oil**
2 slices **bacon** (or 2 oz/60 g pancetta), sliced (optional)
3 cloves **garlic,** thinly sliced
¼ tsp (1 mL) **hot pepper flakes**
2 cups (500 mL) chopped **plum tomatoes**
¼ tsp (1 mL) **salt**
1 head **radicchio,** torn
4 cups (1 L) loosely packed **kale** or baby spinach
⅓ cup (75 mL) grated **Parmesan cheese**

In large pot of boiling salted water, cook pasta until al dente, about 8 minutes. Drain and return to pot, reserving ½ cup (125 mL) of the cooking liquid.

Meanwhile, in large skillet, heat oil over medium heat; cook bacon (if using), garlic and hot pepper flakes just until garlic begins to turn golden, about 2 minutes.

Add tomatoes, salt and reserved cooking liquid; cook, stirring, for 2 minutes.

Add radicchio and kale; cook, stirring, until wilted, about 1 minute. Toss with pasta; sprinkle with Parmesan.

PER SERVING: about 339 cal, 14 g pro, 8 g total fat (2 g sat. fat), 56 g carb, 6 g fibre, 7 mg chol, 510 mg sodium, 711 mg potassium. % RDI: 20% calcium, 28% iron, 101% vit A, 138% vit C, 73% folate.

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Linguine with
Kale and Radicchio

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Roasted Cauliflower Risotto

Prep: 10 minutes
Cook: 1 hour
Makes: 4 servings

1 head **cauliflower** (about 2 lb/1 kg)
3 cloves **garlic**
3 tbsp (45 mL) **extra-virgin olive oil**
½ tsp (2 mL) **salt**
1¼ cups (300 mL) **vegetable broth**
1 large **shallot,** minced (or ¼ cup/60 mL minced onion)
1 cup (250 mL) **arborio rice**
¼ cup (60 mL) **dry white wine**
⅓ cup (75 mL) grated **Parmesan cheese**
¼ cup (60 mL) chopped **fresh parsley**

Trim cauliflower; cut into florets. In large bowl, toss together cauliflower, garlic, 2 tbsp (30 mL) of the oil and ¼ tsp (1 mL) of the salt. Roast on greased baking sheet in 400°F (200°C) oven until golden and tender, 35 to 45 minutes. Mash garlic with fork.

Meanwhile, in small saucepan, bring broth and 1¾ cups (425 mL) water to boil; reduce heat to low and keep warm.

In large saucepan, heat remaining oil over medium heat; cook shallot and remaining salt, stirring occasionally, until golden, 3 minutes.

Add rice, stirring to coat and toast grains. Add wine; cook, stirring, until no liquid remains, about 1 minute.

Add broth mixture, ½ cup (125 mL) at a time and stirring after each addition until most of the liquid is absorbed before adding more, 18 to 20 minutes in total. (Rice should be loose, creamy but not mushy, and still slightly firm in centre of kernel.)

Stir in cauliflower, garlic, cheese and parsley.

PER SERVING: about 351 cal, 10 g pro, 13 g total fat (3 g sat. fat), 49 g carb, 5 g fibre, 9 mg chol, 678 mg sodium, 297 mg potassium. % RDI: 12% calcium, 9% iron, 6% vit A, 112% vit C, 32% folate.

Five-Spice Tofu Stir-Fry

Prep: 8 minutes
Cook: 11 minutes
Makes: 4 servings

½ cup (125 mL) **vegetable broth**
2 tbsp (30 mL) **vegetarian oyster sauce** or oyster sauce
1 tbsp (15 mL) **cornstarch**
1 tbsp (15 mL) **sodium-reduced soy sauce**
1 tsp (5 mL) packed **brown sugar**
1 pkg (454 g) medium **tofu,** drained
½ tsp (2 mL) **five-spice powder**
2 tbsp (30 mL) **vegetable oil**
3 cloves **garlic,** thinly sliced
¼ tsp (1 mL) **hot pepper flakes**
1 head **bok choy** (about 1 lb/500 g), chopped
8 oz (250 g) **shiitake mushrooms,** stemmed and halved

In bowl, whisk together broth, oyster sauce, cornstarch, soy sauce, sugar and ½ cup (125 mL) water; set aside.

Cut tofu into 1-inch (2.5 cm) cubes; toss with five-spice powder. In wok or skillet, heat half of the oil over medium-high heat; stir-fry tofu until golden, about 4 minutes. Transfer to paper towel–lined plate.

Heat remaining oil in wok; stir-fry garlic and hot pepper flakes for 30 seconds.

Add bok choy and mushrooms; stir-fry for 3 minutes.

Stir in tofu and broth mixture; bring to boil. Reduce heat, cover and simmer until thickened and vegetables are softened, about 3 minutes.

PER SERVING: about 192 cal, 12 g pro, 11 g total fat (1 g sat. fat), 14 g carb, 4 g fibre, 1 mg chol, 542 mg sodium, 780 mg potassium. % RDI: 23% calcium, 22% iron, 53% vit A, 55% vit C, 50% folate.

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Winter Vegetable Stew

*Vacuum-packed or canned chestnuts are ready to use; drain and rinse the canned ones before using. However, if you prefer, you can leave them out of the stew.

Prep: 15 minutes
Cook: 1¼ hours
Makes: 8 side-dish or 4 main-dish servings

1 head **garlic**
3 tbsp (45 mL) **extra-virgin olive oil**
1 pkg (10 oz/284 g) **pearl onions,** peeled
1½ lb (750 g) **Yukon Gold potatoes,** peeled and cut into chunks
5 sprigs **fresh parsley**
3 sprigs **fresh thyme**
2 **bay leaves**
1 tsp (5 mL) **salt**
¼ tsp (1 mL) **pepper**
Pinch **saffron**
¼ cup (60 mL) **all-purpose flour**
2 cups (500 mL) **vegetable broth**
Half head **cauliflower,** cut into florets
2 cups (500 mL) **cooked chestnuts**
1 small **butternut squash** (about 1½ lb/750 g), peeled and cut into chunks

Trim top off garlic head to expose cloves. Place on square of foil and drizzle with 1 tsp (5 mL) of the oil; seal package. Bake in 375°F (190°C) oven until tender, about 35 minutes. Let cool enough to handle; squeeze out cloves into bowl. Set aside.

Meanwhile, in large Dutch oven, heat remaining oil over medium heat; cook onions, stirring occasionally, until golden, 6 minutes.

Stir in potatoes, parsley and thyme sprigs, bay leaves, salt, pepper, saffron and roasted garlic; cook, stirring, for 2 minutes.

Stir in flour; cook, stirring, for 2 minutes. Gradually stir in broth, scraping up browned bits. Stir in 3 cups (750 mL) water and bring to boil; reduce heat, cover and simmer for 10 minutes.

Stir in cauliflower and chestnuts; simmer for 5 minutes.

Stir in squash; simmer for 10 minutes. Discard parsley, thyme and bay leaves.

PER EACH OF 8 SERVINGS: about 263 cal, 5 g pro, 6 g total fat (1 g sat. fat), 50 g carb, 8 g fibre, 1 mg chol, 492 mg sodium, 751 mg potassium. % RDI: 6% calcium, 11% iron, 79% vit A, 72% vit C, 33% folate.

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Warm Black-Eyed Pea
and Fennel Salad, page 84

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5 Sides

Whole grains, beans and vegetables add a heart-healthy dose of cholesterol-lowering fibre to your diet. All you have to do is fill one-quarter of your plate with grains and load half with vegetables to benefit from the vitamins and antioxidants that these delicious dishes offer. A protein-rich main dish fills out the remaining quarter of your plate for a complete meal.

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White and WIld Rice Pilaf
with Spinach and Walnuts

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White and Wild Rice Pilaf with Spinach and Walnuts

✻ Use brown basmati rice.

Prep: 8 minutes
Cook: 1 hour
Makes: 12 servings

⅔ cup (150 mL) **wild rice**
3 tbsp (45 mL) **vegetable oil**
1 **onion,** finely diced
1 **green onion,** thinly sliced
1 **bay leaf**
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
3 cups (750 mL) **basmati rice**
2 cups (500 mL) **spinach leaves,** finely chopped
1 cup (250 mL) toasted **walnuts,** coarsely chopped
¼ cup (60 mL) chopped **fresh parsley**

In saucepan of boiling salted water, cook wild rice until tender, about 40 minutes; drain and set aside.

Meanwhile, in separate saucepan, heat oil over medium-high heat; cook onion and white part of green onion, bay leaf, salt and pepper until softened and just beginning to turn golden, about 5 minutes.

Stir in basmati rice; cook, stirring, for 1 minute. Stir in 3½ cups (875 mL) water; bring to boil. Reduce heat, cover and simmer until no liquid remains and rice is tender, 12 to 14 minutes. Turn off heat.

Stir in spinach, walnuts, parsley, green part of green onion and wild rice; cover and let stand on turned-off burner for 5 minutes. Discard bay leaf.

PER SERVING: about 300 cal, 7 g pro, 10 g total fat (1 g sat. fat), 46 g carb, 2 g fibre, 0 mg chol, 223 mg sodium, 167 mg potassium. % RDI: 3% calcium, 7% iron, 6% vit A, 3% vit C, 15% folate.

Whole Wheat Couscous with Parsley

✻ Add your favourite vegetables, such as diced carrots, celery, zucchini, tomatoes, green beans or cucumber.

Prep: 5 minutes
Stand: 5 minutes
Makes: 4 servings

1 cup (250 mL) **whole wheat couscous**
1½ cups (375 mL) **boiling water**
1 tbsp (15 mL) **lemon juice**
1 tbsp (15 mL) **extra-virgin olive oil**
¼ tsp (1 mL) each **salt** and **pepper**
¼ cup (60 mL) minced **fresh parsley**

In bowl, cover couscous with boiling water; cover and let steam for 5 minutes. Fluff with fork.

In small bowl, whisk together lemon juice, olive oil, salt and pepper; add to couscous. Stir in parsley.

PER SERVING: about 207 cal, 7 g pro, 4 g total fat (1 g sat. fat), 38 g carb, 6 g fibre, 0 mg chol, 147 mg sodium, 27 mg potassium. % RDI: 2% calcium, 13% iron, 3% vit A, 10% vit C, 2% folate.

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Curried Lentil, Wild Rice and Orzo Salad

Prep: 15 minutes
Cook: 35 minutes
Makes: 12 servings

½ cup (125 mL) **wild rice**
⅔ cup (150 mL) green or brown **lentils**
½ cup (125 mL) **orzo pasta**
½ cup (125 mL) **currants**
¼ cup (60 mL) finely chopped **red onion**
⅓ cup (75 mL) slivered **almonds,** toasted

DRESSING:
¼ cup (60 mL) **white wine vinegar**
1 tsp (5 mL) **ground cumin**
1 tsp (5 mL) **Dijon mustard**
½ tsp (2 mL) each **granulated sugar, salt** and **ground coriander**
¼ tsp (1 mL) each **turmeric, paprika** and **nutmeg**
Pinch each **cinnamon, cloves** and **cayenne pepper**
⅓ cup (75 mL) **canola oil** or vegetable oil

In large pot of boiling salted water, cover and cook wild rice for 10 minutes. Add lentils; boil for 20 minutes.

Add pasta; cook just until tender, about 5 minutes. Drain well and transfer to large bowl. Add currants and onion.

DRESSING: In small bowl, whisk together vinegar, cumin, mustard, sugar, salt, coriander, turmeric, paprika, nutmeg, cinnamon, cloves and cayenne; whisk in oil. Pour over rice mixture and toss gently.

Let cool; cover and refrigerate until chilled, 4 hours. To serve, sprinkle with almonds.

PER SERVING: about 178 cal, 6 g pro, 8 g total fat (1 g sat. fat), 22 g carb, 3 g fibre, 0 mg chol, 178 mg sodium, 231 mg potassium. % RDI: 2% calcium, 13% iron, 2% vit C, 30% folate.

Warm Black-Eyed Pea and Fennel Salad

Prep: 10 minutes **Stand:** 1 hour
Cook: 45 minutes
Makes: 6 to 8 servings

1½ cups (375 mL) **dried black-eyed peas**
¼ cup (60 mL) **extra-virgin olive oil** (approx)
1 cup (250 mL) thinly sliced **fennel** (about half a bulb)
½ cup (125 mL) thinly sliced **celery**
3 cloves **garlic,** minced
½ tsp (2 mL) each **dried thyme** and **salt**
4 tsp (20 mL) **white wine vinegar** (approx)
¼ cup (60 mL) chopped **fresh parsley**

In large saucepan, cover black-eyed peas with three times their volume of water. Bring to boil; boil gently for 2 minutes. Remove from heat, cover and let stand for 1 hour; drain. Cover again with three times their volume of water and bring to boil. Reduce heat, cover and simmer until tender, about 35 minutes; drain.

In shallow Dutch oven or skillet, heat 3 tbsp (45 mL) of the oil over medium heat; cook fennel, celery, garlic, thyme and salt, stirring occasionally, until softened and beginning to colour, about 8 minutes.

Stir in 1 tbsp (15 mL) of the vinegar, the peas and parsley; cook for 2 minutes. Transfer to serving bowl; toss with remaining oil and vinegar, adding more if desired. Serve warm.

PER EACH OF 8 SERVINGS: about 142 cal, 5 g pro, 7 g total fat (1 g sat. fat), 15 g carb, 5 g fibre, 0 mg chol, 159 mg sodium. % RDI: 3% calcium, 14% iron, 2% vit A, 7% vit C, 64% folate.

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Braised Romano Beans and Peppers

Prep: 10 minutes **Stand:** 1 hour
Cook: 3 hours
Makes: 6 to 8 servings

1½ cups (375 mL) **dried romano beans**
3 each **sweet red** and **yellow peppers**
¼ cup (60 mL) **extra-virgin olive oil**
2 **onions,** thinly sliced
3 cloves **garlic,** thinly sliced
¾ tsp (4 mL) **salt**
½ tsp (2 mL) each **dried oregano** and **pepper**
¼ tsp (1 mL) **hot pepper flakes**
1 tsp (5 mL) **white wine vinegar**
¼ cup (60 mL) sliced **fresh basil** or chopped fresh parsley

In large saucepan, cover romano beans with three times their volume of water. Bring to boil; boil gently for 2 minutes. Remove from heat, cover and let stand for 1 hour; drain. Cover again with three times their volume of water and bring to boil. Reduce heat, cover and simmer until tender, about 45 minutes; drain, reserving 2 cups (500 mL) of the bean cooking liquid.

Meanwhile, on baking sheet, broil red and yellow peppers, turning often, until charred and blistered all over, 20 minutes. Let cool enough to handle. Peel, seed and quarter peppers; thinly slice crosswise. Transfer to small roasting pan.

Meanwhile, in skillet, heat oil over medium heat; cook onions, garlic, salt, oregano, pepper and hot pepper flakes, stirring often, until softened, about 8 minutes. Add to peppers. Stir in beans and reserved bean cooking liquid. Cover and bake in 375°F (190°C) oven for 2 hours. Stir in vinegar; bake, uncovered, for 10 minutes. Stir in basil.

PER EACH OF 8 SERVINGS: about 218 cal, 9 g pro, 7 g total fat (1 g sat. fat), 31 g carb, 7 g fibre, 0 mg chol, 220 mg sodium. % RDI: 6% calcium, 18% iron, 18% vit A, 233% vit C, 92% folate.

Cashew Wheat Berry Salad

✱ Use sodium-reduced soy sauce.

Prep: 15 minutes
Cook: 1¼ hours
Makes: 8 to 10 servings

1 cup (250 mL) **wheat berries**
¾ cup (175 mL) **wild rice**
1 cup (250 mL) **pot barley**
4 **green onions,** thinly sliced
1 **sweet red pepper,** diced
⅓ cup (75 mL) **raisins**
½ cup (125 mL) toasted **cashews,** chopped
½ cup (125 mL) **sunflower seeds,** toasted

DRESSING:
¼ cup (60 mL) each **canola oil** and **soy sauce**
¼ cup (60 mL) **lemon juice**
1 tbsp (15 mL) **Dijon mustard**
2 cloves **garlic,** minced
¼ tsp (1 mL) each **salt** and **pepper**

In saucepan of boiling salted water, cover and simmer wheat berries until tender but firm, about 1¼ hours. Drain.

Meanwhile, in separate saucepan of boiling salted water, cover and simmer wild rice until tender and most grains are split, about 45 minutes. Drain.

Meanwhile, in third saucepan of boiling salted water, cover and simmer barley, stirring occasionally, until tender, 20 minutes. Drain.

DRESSING: In large bowl, whisk oil, soy sauce, lemon juice, mustard, garlic, salt and pepper. Add wheat berries, wild rice, barley, green onions, red pepper and raisins. Toss to combine. Stir in cashews and sunflower seeds.

PER EACH OF 10 SERVINGS: about 324 cal, 8 g pro, 13 g total fat (2 g sat. fat), 48 g carb, 6 g fibre, 0 mg chol, 645 mg sodium. % RDI: 3% calcium, 20% iron, 7% vit A, 43% vit C, 25% folate.

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Vegetable Barley Pilaf

✱ Substitute water for half of the broth and use sodium-reduced broth.

Prep: 10 minutes
Cook: 35 minutes
Makes: 4 servings

1 tbsp (15 mL) **extra-virgin olive oil**
1 **onion,** chopped
2 cloves **garlic,** minced
1 tbsp (15 mL) minced **lemon rind**
½ tsp (2 mL) each **salt** and **pepper**
1 **zucchini,** chopped
1 **sweet red pepper,** chopped
1 cup (250 mL) **pearl barley** or pot barley
2½ cups (625 mL) **vegetable broth**
1 cup (250 mL) **mixed frozen vegetables** or peas
2 tbsp (30 mL) minced **fresh parsley**

In heavy saucepan, heat oil over medium heat; fry onion, garlic, lemon rind, salt and pepper until onion is softened, about 3 minutes.

Add zucchini, red pepper and barley; cook, stirring, until vegetables are slightly softened, about 3 minutes.

Add broth; bring to boil. Reduce heat to medium; cover and simmer until barley is tender, about 25 minutes.

Add frozen vegetables, tossing with fork; cover and heat through for 4 minutes. Stir in parsley.

PER SERVING: about 270 cal, 6 g pro, 5 g total fat (1 g sat. fat), 54 g carb, 6 g fibre, 0 mg chol, 704 mg sodium. % RDI: 5% calcium, 20% iron, 31% vit A, 97% vit C, 22% folate.

Sautéed Brussels Sprouts

Prep: 10 minutes
Cook: 15 minutes
Makes: 12 servings

12 cups (3 L) **brussels sprouts,** halved (about 2 lb/1 kg)
3 tbsp (45 mL) **extra-virgin olive oil**
¾ tsp (4 mL) **salt**
¼ tsp (1 mL) **pepper**

In large saucepan of boiling salted water, blanch brussels sprouts, in batches, for 3 minutes.

Using slotted spoon, transfer to bowl of ice water. Transfer to paper towel–lined baking sheet; pat dry.

In wok or skillet, heat oil over medium-high heat; sauté brussels sprouts until tender, about 8 minutes. Sprinkle with salt and pepper.

PER SERVING: about 67 cal, 3 g pro, 4 g total fat (1 g sat. fat), 8 g carb, 3 g fibre, 0 mg chol, 164 mg sodium, 305 mg potassium. % RDI: 3% calcium, 9% iron, 7% vit A, 98% vit C, 26% folate.

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Sautéed Brussels Sprouts

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Stir-Fried Vegetables

Prep: 5 minutes
Cook: 8 minutes
Makes: 4 servings

1 tbsp (15 mL) **sesame seeds**
Half small **napa cabbage**
3 cups (750 mL) **bok choy,** Shanghai cabbage or spinach
3 small **carrots**
4 tsp (20 mL) **vegetable oil**
2 **green onions** (white part only), coarsely chopped
1 clove **garlic,** sliced
1 piece (1 inch/2.5 cm) **gingerroot,** sliced
1 cup (250 mL) **snow peas,** trimmed
1 tbsp (15 mL) **Chinese wine** or dry sherry (optional)
1 tsp (5 mL) **light-coloured soy sauce** or sodium-reduced soy sauce
Pinch **granulated sugar**
2 tsp (10 mL) **sesame oil**

In skillet, toast sesame seeds over medium-low heat until light golden; set aside.

Cut cabbage into 1½-inch (4 cm) wide strips to make about 3 cups (750 mL). Coarsely chop bok choy. Cut carrots in half lengthwise; thinly slice crosswise on diagonal. Set aside.

In wok or large skillet, heat oil over medium-high heat; stir-fry green onions, garlic and ginger for 1 minute. Stir in carrots and snow peas; stir-fry for 30 seconds. Add 2 tbsp (30 mL) water; cover and steam until vegetables are tender, about 2 minutes.

Add cabbage, bok choy, Chinese wine (if using), soy sauce and sugar; stir-fry until greens are wilted, about 3 minutes. Drizzle with sesame oil, tossing to coat. Sprinkle with sesame seeds.

PER SERVING: about 119 cal, 3 g pro, 9 g total fat (1 g sat. fat), 10 g carb, 4 g fibre, 0 mg chol, 93 mg sodium. % RDI: 13% calcium, 12% iron, 88% vit A, 72% vit C, 53% folate.

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Roasted Carrots with Mustard Vinaigrette

Prep: 10 minutes
Cook: 40 minutes
Makes: 12 servings

6 lb (2.7 kg) **carrots**
⅓ cup (75 mL) **extra-virgin olive oil**
¼ cup (60 mL) **lemon juice**
1½ tsp (7 mL) chopped **fresh thyme**
1 tsp (5 mL) **Dijon mustard**
½ tsp (2 mL) **dried oregano**
½ tsp (2 mL) each **salt** and **pepper**

Peel and halve carrots crosswise. Cut each piece lengthwise in half or quarters; set aside.

In large bowl, whisk together oil, lemon juice, thyme, mustard, oregano, salt and pepper; add carrots and toss to combine.

Roast on foil-lined baking sheets in 375°F (190°C) oven until edges are crisp and golden and carrots are tender, 40 to 45 minutes.

PER SERVING: about 120 cal, 2 g pro, 6 g total fat (1 g sat. fat), 16 g carb, 5 g fibre, 0 mg chol, 210 mg sodium, 445 mg potassium. % RDI: 5% calcium, 6% iron, 320% vit A, 13% vit C, 12% folate.

Roasted Lemon and Mustard Potato Wedges

✻Try this recipe with sweet potatoes.

Prep: 10 minutes
Cook: 55 minutes
Makes: 6 servings

¼ cup (60 mL) **extra-virgin olive oil**
2 tbsp (30 mL) grainy **mustard**
½ tsp (2 mL) each coarse **salt** and **pepper**
6 **Yukon Gold potatoes,** scrubbed (about 2 lb/1 kg)
1 **lemon,** quartered

In large bowl, whisk together oil, mustard, salt and pepper.

Cut each potato into 6 wedges; add to bowl and toss to coat. Turn into roasting pan; add lemon.

Roast in 400°F (200°C) oven until tender and golden, about 45 minutes.

Increase heat to 425°F (220°C); roast until browned, about 10 minutes.

PER SERVING: about 248 cal, 5 g pro, 10 g total fat (1 g sat. fat), 38 g carb, 4 g fibre, 0 mg chol, 214 mg sodium, 946 mg potassium. % RDI: 3% calcium, 15% iron, 35% vit C, 22% folate.

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Sweet Potato and White Turnip Purée

✻ Use nonhydrogenated margarine instead of butter.

Prep: 12 minutes
Cook: 16 minutes
Makes: 8 to 10 servings

1¼ lb (625 g) **white turnips,** peeled and quartered
2½ lb (1.25 kg) **sweet potatoes,** peeled and chopped
¾ cup (175 mL) **sodium-reduced chicken broth**
¼ cup (60 mL) **butter**
¼ tsp (1 mL) **salt**

In large pot of boiling salted water, cover and cook turnips for 5 minutes.

Add potatoes; cook, covered, until vegetables are tender, 10 to 12 minutes. Drain; return to pot on low heat for 1 minute to dry.

In batches in food processor, purée potato mixture until smooth; transfer to bowl. Stir in broth, butter and salt.

PER EACH OF 10 SERVINGS: about 132 cal, 2 g pro, 5 g total fat (3 g sat. fat), 21 g carb, 3 g fibre, 12 mg chol, 495 mg sodium, 334 mg potassium. % RDI: 4% calcium, 6% iron, 161% vit A, 33% vit C, 5% folate.

Steamed Savoy Cabbage with Sage Butter

✻ If you don't have a saucepan that will hold the cabbage in its shape, tie loosely with butcher's twine.

Prep: 10 minutes
Cook: 13 minutes
Makes: 8 to 10 servings

1 head **Savoy cabbage**
⅓ cup (75 mL) **unsalted butter**
3 tbsp (45 mL) chopped **fresh sage**
¾ tsp (4 mL) coarsely ground **pepper**
¼ tsp (1 mL) **salt**

Cut cabbage into 8 or 10 wedges, leaving core intact; reassemble into original shape.

In saucepan that holds cabbage snugly, bring 2 inches (5 cm) water to boil. Add cabbage; cover and steam until tender, 10 to 12 minutes. Arrange on platter.

Meanwhile, in small skillet, melt butter over medium heat until no longer foaming; cook sage, stirring, until crispy, about 3 minutes. Stir in pepper and salt; pour over cabbage.

PER EACH OF 10 SERVINGS: about 92 cal, 3 g pro, 6 g total fat (4 g sat. fat), 9 g carb, 4 g fibre, 16 mg chol, 95 mg sodium, 290 mg potassium. % RDI: 5% calcium, 4% iron, 19% vit A, 43% vit C, 32% folate.

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Chinese Broccoli Amandine, page 95

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Baby Bok Choy with Shiitake Mushrooms

✱ Use nonhydrogenated margarine instead of butter. Use sodium-reduced soy sauce.

Prep: 10 minutes
Cook: 10 minutes
Makes: 4 servings

12 oz (375 g) **baby bok choy**
2 cups (500 mL) **shiitake mushrooms**
1 tbsp (15 mL) **butter**
1 clove **garlic,** minced
4 tsp (20 mL) **soy sauce**
1 tsp (5 mL) **sesame oil**
Pinch **hot pepper flakes**
Sesame seeds

Cut bok choy in half lengthwise; rinse between leaves. Blanch in saucepan of boiling water until darkened, about 2 minutes. Drain and pat dry.

Trim stems off mushrooms; thickly slice caps.

In skillet, melt butter over medium-high heat; sauté mushrooms and garlic until softened, about 3 minutes.

Add bok choy, ¼ cup (60 mL) water, soy sauce, sesame oil and hot pepper flakes; sauté until no liquid remains, about 5 minutes. Sprinkle with sesame seeds to taste.

PER SERVING: about 61 cal, 3 g pro, 4 g total fat (2 g sat. fat), 4 g carb, 2 g fibre, 8 mg chol, 353 mg sodium, 430 mg potassium. % RDI: 8% calcium, 9% iron, 41% vit A, 40% vit C, 19% folate.

Roasted Two-Potato Salad

Prep: 15 minutes
Cook: 40 minutes
Makes: 8 servings

2 lb (1 kg) **Yukon Gold potatoes**
1½ lb (750 g) **sweet potatoes**
⅓ cup (75 mL) **extra-virgin olive oil**
½ tsp (2 mL) each **dried thyme, salt** and **pepper**
4 slices **bacon** (optional)
¼ cup (60 mL) chopped **fresh parsley**
2 tbsp (30 mL) **lemon juice**
1 tbsp (15 mL) **Dijon mustard**
½ tsp (2 mL) **hot pepper sauce**
4 **green onions,** sliced

Peel Yukon Gold and sweet potatoes; cut into 1-inch (2.5 cm) cubes. In large bowl, toss together potatoes, ¼ cup (60 mL) of the oil, thyme, salt and pepper.

Spread potatoes in large shallow roasting pan; roast in 375°F (190°C) oven, turning once, until tender and golden, about 40 minutes. Let stand for 5 minutes. Transfer to large bowl.

Meanwhile, in skillet, cook bacon (if using) over medium heat until crisp. Transfer to paper towel–lined plate; cut into small pieces.

In bowl, stir together parsley, lemon juice, mustard, hot pepper sauce, green onions, bacon (if using) and remaining oil. Toss with potatoes.

PER SERVING: about 216 cal, 3 g pro, 9 g total fat (1 g sat. fat), 31 g carb, 4 g fibre, 0 mg chol, 200 mg sodium, 718 mg potassium. % RDI: 4% calcium, 12% iron, 120% vit A, 45% vit C, 9% folate.

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Chinese Broccoli Amandine

Prep: 8 minutes
Cook: 10 minutes
Makes: 4 servings

2 tbsp (30 mL) slivered **almonds**
2 bunches **Chinese broccoli** (about 12 oz/375 g total)
2 tbsp (30 mL) **extra-virgin olive oil**
1 clove **garlic,** sliced
¼ tsp (1 mL) **salt**
1 tsp (5 mL) grated **lemon rind**
1 tbsp (15 mL) **lemon juice**

In large skillet, toast almonds over medium heat until light golden, about 3 minutes. Set aside.

Trim tough ends from broccoli. In same skillet, heat oil over medium-high heat; sauté garlic and salt until aromatic, about 1 minute.

Add broccoli, ¼ cup (60 mL) water and lemon rind; cover and steam until tender and no water remains, about 6 minutes. Stir in lemon juice and almonds.

PER SERVING: about 99 cal, 2 g pro, 9 g total fat (1 g sat. fat), 4 g carb, 2 g fibre, 0 mg chol, 150 mg sodium. % RDI: 8% calcium, 4% iron, 13% vit A, 42% vit C, 36% folate.

Sweet Potato Fries

✻ Reduce salt to ½ tsp (2 mL).

Prep: 10 minutes
Cook: 30 minutes
Makes: 8 servings

8 **sweet potatoes** (about 4 lb/2 kg)
1 tbsp (15 mL) **grapeseed oil**
1 tsp (5 mL) **salt**
½ tsp (2 mL) **pepper**

Peel and cut sweet potatoes into sticks; toss with oil, salt and pepper.

Bake on 2 parchment paper–lined baking sheets in 425°F (220°C) oven, switching and rotating pans halfway through, until crisp and golden, 30 to 35 minutes.

PER SERVING: about 153 cal, 3 g pro, 2 g total fat (trace sat. fat), 32 g carb, 5 g fibre, 0 mg chol, 336 mg sodium, 419 mg potassium. % RDI: 5% calcium, 9% iron, 286% vit A, 38% vit C, 5% folate.

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Grilled Peaches with Ricotta, page 102

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6 Desserts

There is always room for dessert – even in the healthiest diet. Desserts that feature fruit or whole grains as the main ingredient add a delicious nutritional boost to the end of your heart-smart meal. Choose sensible portion sizes – and enjoy every bite.

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Sherbet
Fruit Pops

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Sherbet Fruit Pops

Prep: 10 minutes
Freeze: 2 hours
Makes: 8 servings

1 cup (250 mL) chopped **strawberries**
1 tbsp (15 mL) **granulated sugar**
4 cups (1 L) **lime sherbet** or orange sherbet, softened

In food processor or blender, purée strawberries with sugar until smooth.

Spoon half into eight 5 oz (147 mL) paper cups; spoon half of the sherbet over top. Top with remaining strawberries and sherbet. Cover with plastic wrap.

Make small slit in centre of wrap. Press wooden craft stick through slit into sherbet. Freeze until firm, about 2 hours. Peel away paper cup and plastic wrap before serving.

PER SERVING: about 149 cal, 1 g pro, 2 g total fat (1 g sat. fat), 33 g carb, 1 g fibre, 6 mg chol, 44 mg sodium. % RDI: 5% calcium, 1% iron, 1% vit A, 30% vit C, 5% folate.

Tropical Fruit Salad

Prep: 12 minutes
Chill: 1 hour
Makes: 6 to 8 servings

Half **pineapple**
1 **papaya**
Half **pomegranate**
3 **mineolas,** tangerines or clementines
2 **kiwifruit**
2 tbsp (30 mL) **lime juice**
1 tbsp (15 mL) **liquid honey**
½ tsp (2 mL) grated **gingerroot**
1 **star fruit,** sliced

Peel, core and cut pineapple into bite-size chunks. Peel, halve, seed and cut papaya into bite-size chunks. Remove seeds from pomegranate. Peel, halve and section 2 of the mineolas. Peel and cut kiwifruit into bite-size chunks. Place fruit in large bowl.

Cut remaining mineola in half; juice half and set juice aside. Peel and section remaining half; add to bowl.

In separate bowl, whisk together reserved mineola juice, lime juice, honey and ginger; pour over fruit, tossing to combine. Cover and refrigerate for 1 hour or for up to 24 hours. Garnish with star fruit.

PER EACH OF 8 SERVINGS: about 74 cal, 1 g pro, trace total fat (0 g sat. fat), 19 g carb, 2 g fibre, 0 mg chol, 3 mg sodium, 293 mg potassium. % RDI: 3% calcium, 2% iron, 9% vit A, 117% vit C, 9% folate.

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Strawberry Rhubarb Compote, page 102

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Grilled Peaches with Ricotta

✱ Use light ricotta cheese.

Prep: 10 minutes
Cook: 8 minutes
Makes: 4 servings

4 firm ripe **peaches,** halved and pitted
1 tbsp (15 mL) **butter,** melted
¼ cup (60 mL) **liquid honey**

FILLING:
¾ cup (175 mL) **ricotta cheese**
2 tsp (10 mL) **liquid honey**
½ tsp (2 mL) grated **lemon rind**
Dash **vanilla**

FILLING: In bowl, combine ricotta cheese, honey, lemon rind and vanilla; set aside.

Brush cut sides of peaches with butter. Place, cut side down, on greased grill. Close lid and grill over medium-high heat until softened and grill-marked, 8 to 12 minutes.

Spoon heaping 1 tbsp (15 mL) ricotta mixture into each peach; drizzle with honey.

PER SERVING: about 219 cal, 6 g pro, 9 g total fat (6 g sat. fat), 31 g carb, 2 g fibre, 31 mg chol, 60 mg sodium, 249 mg potassium. % RDI: 9% calcium, 4% iron, 11% vit A, 12% vit C, 4% folate.

Strawberry Rhubarb Compote

✱ Serve with vanilla frozen yogurt.

Prep: 5 minutes
Cook: 15 minutes
Makes: 4 servings

½ cup (125 mL) **granulated sugar**
1 tsp (5 mL) grated **orange rind**
¼ cup (60 mL) **orange juice**
3 cups (750 mL) chopped **rhubarb**
1 cup (250 mL) sliced **strawberries**
Vanilla ice cream

In large saucepan, bring sugar, orange rind and orange juice to simmer. Add rhubarb; simmer gently until tender, about 15 minutes.

Stir in strawberries. Serve with ice cream.

PER SERVING: about 137 cal, 1 g pro, trace total fat (0 g sat. fat), 34 g carb, 3 g fibre, 0 mg chol, 4 mg sodium, 333 mg potassium. % RDI: 8% calcium, 3% iron, 1% vit A, 52% vit C, 6% folate.

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Apple Chocolate Chunk Cookies

✻ Use nonhydrogenated margarine.

Prep: 10 minutes
Cook: 14 minutes
Makes: about 48 cookies

⅔ cup (150 mL) packed **brown sugar**
½ cup (125 mL) **margarine**
1 **apple,** peeled, cored and chopped
1 tsp (5 mL) **vanilla**
1½ cups (375 mL) **all-purpose flour**
½ tsp (2 mL) **baking soda**
¼ tsp (1 mL) **salt**
1 bar (100 g) **dark chocolate,** chopped

In food processor, purée together brown sugar, margarine, apple and vanilla until smooth; transfer to large bowl. Stir in flour, baking soda and salt until combined; stir in chocolate.

Drop by 1 tbsp (15 mL), 1 inch (2.5 cm) apart, onto parchment paper–lined baking sheets. Bake in 350°F (180°C) oven until edges are golden and tops are firm, 14 to 16 minutes. Transfer to rack; let cool.

PER COOKIE: about 54 cal, 1 g pro, 3 g total fat (1 g sat. fat), 7 g carb, trace fibre, 0 mg chol, 53 mg sodium, 18 mg potassium. % RDI: 4% iron, 2% vit A, 4% folate.

Bite-Size Fruit Balls

Prep: 12 minutes
Makes: 16 pieces

½ cup (125 mL) each **dried cranberries** and chopped **dried apricots**
½ cup (125 mL) **raisins**
⅓ cup (75 mL) **unsweetened desiccated coconut**
2 tbsp (30 mL) **liquid honey**
2 tbsp (30 mL) **orange juice**
½ cup (125 mL) finely chopped **almonds**

In food processor, chop together dried cranberries and apricots, raisins and coconut just until combined.

Add honey and orange juice; pulse just until clumped together.

Roll by heaping 1 tbsp (15 mL) into balls; roll in almonds.

PER PIECE: about 79 cal, 1 g pro, 3 g total fat (1 g sat. fat), 13 g carb, 2 g fibre, 0 mg chol, 4 mg sodium. % RDI: 1% calcium, 4% iron, 3% vit A, 2% vit C, 1% folate.

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Minty Melon and Blackberries

Prep: 2 minutes
Makes: 4 servings

Half **honeydew melon**
1 red **grapefruit**
1 tbsp (15 mL) **granulated sugar**
1 tbsp (15 mL) **lime juice**
½ cup (125 mL) **blackberries**
2 tsp (10 mL) shredded **fresh mint leaves**

Scrape out seeds from melon. Cut into 8 wedges; cut off skin. Set aside.

Cut rind and outer membrane from grapefruit. Over bowl, cut between membrane and pulp to release fruit into bowl, squeezing membranes to extract juice.

Whisk sugar and lime juice into bowl. Stir in blackberries and half of the mint.

Arrange melon and grapefruit sections on plates; spoon blackberry mixture over top. Sprinkle with remaining mint.

PER SERVING: about 117 cal, 1 g pro, trace total fat (0 g sat. fat), 30 g carb, 2 g fibre, 0 mg chol, 17 mg sodium, 637 mg potassium. % RDI: 2% calcium, 4% iron, 6% vit A, 137% vit C, 12% folate.

Berries with Sabayon

Prep: 10 minutes
Cook: 5 minutes
Makes: 6 servings

2 cups (500 mL) **strawberries,** hulled and quartered
1 cup (250 mL) **raspberries**
¼ cup (60 mL) slivered **almonds** (optional), lightly toasted

SABAYON:
4 **egg yolks**
½ cup (125 mL) **dry Marsala** or fruity white wine (such as Riesling)
¼ cup (60 mL) **granulated sugar**

In bowl, combine strawberries and raspberries. Divide among 6 dessert goblets or dishes. Set aside.

SABAYON: In large heatproof bowl over saucepan of gently simmering (not boiling) water, whisk together egg yolks, Marsala and sugar until thick enough to mound softly on spoon, 5 to 7 minutes. Spoon over fruit. Sprinkle with almonds (if using).

PER SERVING: about 126 cal, 3 g pro, 4 g total fat (1 g sat. fat), 17 g carb, 3 g fibre, 136 mg chol, 7 mg sodium, 146 mg potassium. % RDI: 3% calcium, 6% iron, 6% vit A, 63% vit C, 16% folate.

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Berries with
Sabayon

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Pear Apple Crisp, page 109

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Chilled Spiced Peach Soup

Prep: 15 minutes
Cook: 15 minutes
Chill: 4 hours
Makes: 6 servings

½ cup (125 mL) sliced **almonds**
4 cups (1 L) sliced peeled **peaches**
1 cup (250 mL) **peach juice** or mango juice
1 cup (250 mL) **orange juice**
¼ cup (60 mL) **lime juice**
2 tbsp (30 mL) **liquid honey**
1 tsp (5 mL) **ground ginger**
¼ tsp (1 mL) each **ground cardamom** and **cinnamon**
Pinch each **salt** and **ground cloves**
½ cup (125 mL) **buttermilk** or plain yogurt
2 tbsp (30 mL) **amaretto** or apricot brandy (optional)

In small skillet, toast almonds over medium heat, stirring often, until golden, about 3 minutes. Set aside.

In large saucepan, combine peaches, peach juice, orange juice, lime juice, honey, ginger, cardamom, cinnamon, salt and cloves; bring to boil. Reduce heat, cover and simmer until peaches are very soft, about 12 minutes. Let cool.

In batches in blender or food processor, purée peach mixture until smooth. Transfer to bowl; stir in buttermilk, and amaretto (if using). Cover and refrigerate until cold, about 4 hours.

Serve sprinkled with almonds.

PER SERVING: about 172 cal, 4 g pro, 5 g total fat (1 g sat. fat), 32 g carb, 4 g fibre, 2 mg chol, 25 mg sodium. % RDI: 6% calcium, 5% iron, 6% vit A, 45% vit C, 9% folate.

Dairy-Free Chocolate Meringues

Prep: 15 minutes
Cook: 35 minutes
Makes: about 45 cookies

4 **egg whites**
1 cup (250 mL) **granulated sugar**
3 tbsp (45 mL) **all-purpose flour**
1 tsp (5 mL) **vanilla**
2 cups (500 mL) coarsely chopped **dark chocolate** (10 oz/300 g)

In large heatproof bowl over saucepan of hot (not boiling) water, cook egg whites with sugar, whisking occasionally, until opaque, about 10 minutes. Remove from heat.

With electric mixer, beat until cooled, thickened and glossy, about 7 minutes. Fold in flour and vanilla; fold in chocolate.

Drop by 1 tbsp (15 mL) onto parchment paper–lined baking sheets. Bake in 350°F (180°C) oven until light brown, 25 to 30 minutes. Let cool on racks.

PER COOKIE: about 53 cal, 1 g pro, 2 g total fat (1 g sat. fat), 9 g carb, 1 g fibre, 0 mg chol, 5 mg sodium. % RDI: 1% iron.

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Pear Apple Crisp

✻ Use nonhydrogenated margarine instead of butter. Use whole grain flour instead of all-purpose flour. Add ½ cup (125 mL) bran buds or bran sticks to the topping.

Prep: 12 minutes
Cook: 1 hour
Makes: 6 servings

6 cups (1.5 L) chopped cored peeled **pears**
2 cups (500 mL) chopped cored peeled **apples**
2 tbsp (30 mL) **all-purpose flour**
2 tbsp (30 mL) packed **brown sugar**
2 tbsp (30 mL) **lemon juice**
¼ tsp (1 mL) **cinnamon**

TOPPING:
1 cup (250 mL) **quick-cooking rolled oats** (not instant)
½ cup (125 mL) packed **brown sugar**
⅓ cup (75 mL) **all-purpose flour**
Pinch **ground nutmeg**
⅓ cup (75 mL) **butter,** melted

In bowl, toss together pears, apples, flour, sugar, lemon juice and cinnamon; spread in 8-inch (2 L) square glass baking dish. Set aside.

TOPPING: In small bowl, whisk together oats, sugar, flour and nutmeg; drizzle with butter, tossing with fork until crumbly. Sprinkle over pear mixture.

Bake in 350°F (180°C) oven until pears are tender and topping is golden and crisp, about 1 hour.

PER SERVING: about 430 cal, 5 g pro, 12 g total fat (7 g sat. fat), 82 g carb, 9 g fibre, 27 mg chol, 87 mg sodium, 472 mg potassium. % RDI: 5% calcium, 15% iron, 10% vit A, 20% vit C, 18% folate.

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Lemon Buttermilk
Pudding Cake

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Lemon Buttermilk Pudding Cake

✻ Use nonhydrogenated margarine instead of butter.

Prep: 10 minutes
Cook: 35 minutes
Makes: 4 to 6 servings

3 **eggs,** separated
¾ cup (175 mL) **granulated sugar**
⅓ cup (75 mL) **all-purpose flour**
Pinch **salt**
1¼ cups (300 mL) **buttermilk**
2 tbsp (30 mL) **butter,** melted
1 tbsp (15 mL) grated **lemon rind**
⅓ cup (75 mL) **lemon juice**

In large bowl, whisk egg yolks with sugar until pale; beat in flour and salt. Whisk in buttermilk, butter, lemon rind and lemon juice.

In separate bowl, beat egg whites until soft peaks form; fold one-third into buttermilk mixture. Fold in remaining egg whites. Pour into greased 8-inch (2 L) square glass baking dish.

Place dish in roasting pan; pour enough hot water into pan to come halfway up sides of dish.

Bake in 350°F (180°C) oven until top is golden, about 35 minutes. Remove from water; let cool on rack for 30 minutes.

PER EACH OF 6 SERVINGS: about 225 cal, 6 g pro, 7 g total fat (4 g sat. fat), 35 g carb, trace fibre, 107 mg chol, 102 mg sodium, 150 mg potassium. % RDI: 8% calcium, 4% iron, 8% vit A, 13% vit C, 14% folate.

Baked Pear Batter Cake

✻ Use 1% or skim milk. Use nonhydrogenated margarine instead of butter.

Prep: 12 minutes
Cook: 45 minutes
Makes: 4 to 6 servings

4 firm ripe **Bartlett pears**
2 tbsp (30 mL) **lemon juice**
⅔ cup (150 mL) **all-purpose flour**
½ cup (125 mL) **granulated sugar**
1½ cups (375 mL) 2% or homogenized **milk**
4 **eggs**
3 tbsp (45 mL) **maple syrup**
1 tsp (5 mL) **vanilla**
2 tbsp (30 mL) **butter,** diced
1 tbsp (15 mL) **icing sugar**

Peel and core pears; cut into wedges. In bowl, toss pears with lemon juice. Arrange in greased 11- x 7-inch (2 L) glass baking dish; set aside.

In large bowl, whisk flour with sugar. Whisk together milk, eggs, maple syrup and vanilla; whisk into flour mixture. Pour over pears; dot with butter.

Bake in 375°F (190°C) oven until pears are tender and custard is puffed, set and golden, about 45 minutes.

Sprinkle with icing sugar; broil until bubbly and glazed, about 1 minute. Let cool on rack for 15 minutes before serving.

PER EACH OF 6 SERVINGS: about 315 cal, 8 g pro, 9 g total fat (4 g sat. fat), 53 g carb, 3 g fibre, 139 mg chol, 96 mg sodium, 288 mg potassium. % RDI: 10% calcium, 9% iron, 11% vit A, 8% vit C, 24% folate.

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Peanut Butter Granola

Prep: 10 minutes
Cook: 30 minutes
Makes: 7 cups (1.75 L) or 20 servings

½ cup (125 mL) **apple juice** or cider
⅓ cup (75 mL) smooth natural **peanut butter**
⅓ cup (75 mL) **liquid honey**
1 tsp (5 mL) **cinnamon**
1 tsp (5 mL) **vanilla**
¼ tsp (1 mL) **salt**
4 cups (1 L) **large-flake rolled oats**
⅓ cup (75 mL) sliced **almonds**
¼ cup (60 mL) each **dried cranberries** and **dried blueberries**
¼ cup (60 mL) slivered **dried apricots**

In large saucepan, heat together apple juice, peanut butter, honey, cinnamon, vanilla and salt over medium heat until peanut butter is melted; remove from heat. Stir in oats and almonds.

Spread on large baking sheet. Bake in 350°F (180°C) oven, stirring occasionally, until light golden, about 15 minutes.

Stir in cranberries, blueberries and apricots; bake until fragrant and golden, about 15 minutes. Let cool.

PER ⅓ CUP (75 mL): about 133 cal, 4 g pro, 4 g total fat (1 g sat. fat), 21 g carb, 2 g fibre, 0 mg chol, 49 mg sodium. % RDI: 2% calcium, 8% iron, 1% vit A, 3% vit C, 5% folate.

Granola Parfaits

Prep: 6 minutes
Makes: 4 servings

3 cups (750 mL) fat-free **fruit-flavoured yogurt**
1 cup (250 mL) **Peanut Butter Granola** (recipe, this page)
3 cups (750 mL) chopped, sliced or whole fresh, frozen or canned **fruit**

Into each of four 1½-cup (375 mL) stemmed glasses or bowls, spoon ¼ cup (60 mL) of the yogurt.

Sprinkle each with heaping 1 tbsp (15 mL) of the granola. Top each with ¼ cup (60 mL) of the fruit. Repeat twice.

PER SERVING: about 283 cal, 12 g pro, 4 g total fat (1 g sat. fat), 53 g carb, 5 g fibre, 5 mg chol, 166 mg sodium. % RDI: 29% calcium, 9% iron, 3% vit A, 50% vit C, 20% folate.

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Mulled Poached Pears

Prep: 15 minutes
Cook: 45 minutes
Makes: 6 servings

3 cups (750 mL) **dry red wine**
1½ cups (375 mL) **water**
1 cup (250 mL) **granulated sugar**
1 tbsp (15 mL) **lemon juice**
6 Bartlett or Anjou **pears**

SPICE BAG:
2 each slices **gingerroot** and strips **lemon rind**
2 **cinnamon sticks,** halved
½ tsp (2 mL) each **peppercorns** and whole **cloves**

SPICE BAG: In cheesecloth square, tie together ginger, lemon rind, cinnamon, peppercorns and cloves.

In large deep saucepan, bring wine, water, sugar, lemon juice and spice bag to boil over medium heat. Reduce heat to low; simmer for 5 minutes.

Meanwhile, peel pears, leaving stems intact. Using melon baller and working from bottoms, remove cores.

Add pears to wine mixture. Cover with parchment-paper circle and lid; simmer, basting occasionally, until tender but still firm, 15 to 25 minutes. Remove pears to shallow dish. Discard spice bag.

Boil liquid over medium-high heat until about ¾ cup (175 mL), about 25 minutes. Pour over pears. Refrigerate until chilled, 4 hours.

PER SERVING: about 242 cal, 1 g pro, trace total fat (0 g sat. fat), 59 g carb, 4 g fibre, 0 mg chol, 9 mg sodium. % RDI: 2% calcium, 6% iron, 12% vit C, 6% folate.

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Tropical Granola Clusters with Brazil Nuts

Prep: 15 minutes
Cook: 45 minutes
Makes: about 40 pieces

2 cups (500 mL) **large-flake rolled oats**
1 cup (250 mL) sliced **Brazil nuts**
½ cup (125 mL) **sunflower seeds**
1 cup (250 mL) chopped mixed **dried tropical fruit** (such as pineapple, mango or papaya)
½ cup (125 mL) **sweetened shredded coconut**
½ cup (125 mL) **liquid honey**
¼ cup (60 mL) packed **brown sugar**
2 tbsp (30 mL) **vegetable oil**
1 tsp (5 mL) **vanilla**
¼ tsp (1 mL) **salt**

In bowl, combine oats, Brazil nuts and sunflower seeds; spread on baking sheet. Bake in 350°F (180°C) oven, stirring once, until light golden, about 15 minutes. Transfer to bowl. Stir in tropical fruit and coconut.

In saucepan, melt together honey, sugar, oil, vanilla and salt over medium heat; stir into oat mixture. Press into parchment paper–lined 8-inch (2 L) square metal cake pan.

Bake in 300°F (150°C) oven until golden and firm to the touch, about 30 minutes. Let cool for 20 minutes. Break into bite-size clusters; let cool completely.

PER PIECE: about 84 cal, 2 g pro, 4 g total fat (1 g sat. fat), 12 g carb, 1 g fibre, 0 mg chol, 19 mg sodium, 92 mg potassium. % RDI: 1% calcium, 4% iron, 1% vit A, 5% vit C, 2% folate.

Date and Prune Squares

Prep: 15 minutes **Stand:** 20 minutes
Cook: 35 minutes
Makes: 30 squares

1½ cups (375 mL) chopped **pitted dates**
1½ cups (375 mL) chopped **pitted prunes**
1 cup (250 mL) **boiling water**
¾ tsp (4 mL) **cinnamon**
¼ tsp (1 mL) **nutmeg**
Pinch **salt**
1½ cups (375 mL) **large-flake rolled oats**
1¼ cups (300 mL) **all-purpose flour**
¾ cup (175 mL) packed **brown sugar**
½ tsp (2 mL) each **salt** and **baking soda**
⅔ cup (150 mL) **unsalted butter,** softened
2 tbsp (30 mL) **cold water**
½ cup (125 mL) chopped **almonds**

In bowl, combine dates, prunes and boiling water; cover and let stand for 20 minutes. Stir in cinnamon, nutmeg and salt; mash with fork until smooth.

In food processor, pulse together oats, flour, sugar, salt and baking soda until oats are chopped, 5 to 10 pulses. Pulse in butter until crumbly; pulse in cold water until mixture comes together. Press two-thirds into 13- x 9-inch (3.5 L) parchment paper–lined metal cake pan; spread with date mixture.

Toss remaining oat mixture with almonds; sprinkle over date mixture, pressing lightly.

Bake in 350°F (180°C) oven until light golden, 35 to 40 minutes. Let cool in pan on rack before cutting into squares.

PER SQUARE: about 140 cal, 2 g pro, 5 g total fat (3 g sat. fat), 23 g carb, 2 g fibre, 10 mg chol, 60 mg sodium, 164 mg potassium. % RDI: 2% calcium, 6% iron, 4% vit A, 5% folate.

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Baked Apples with Figs and Almonds

Prep: 10 minutes
Cook: 55 minutes
Makes: 4 servings

4 baking **apples**
¼ cup (60 mL) whole **almonds** (with skin)
½ cup (125 mL) chopped **Mission figs** or pitted prunes
2 tbsp (30 mL) packed **brown sugar**
1 tbsp (15 mL) **almond liqueur** (such as amaretto) or maple syrup
4 tsp (20 mL) **butter**
½ cup (125 mL) **apple juice**

Using melon baller or spoon, core apples, leaving ¼-inch (1 cm) base. Pierce each apple 4 times with fork or knife. Set aside.

On baking sheet, toast almonds until golden and fragrant, about 10 minutes. Let cool and finely chop.

In bowl, stir together figs, almonds, sugar and liqueur. Spoon into apple centres. Top each with 1 tsp (5 mL) butter. Place in 8-inch (2 L) square glass baking dish; pour in apple juice. Bake in 375°F (190°C) oven until tender, about 45 minutes.

PER SERVING: about 249 cal, 3 g pro, 9 g total fat (3 g sat. fat), 44 g carb, 6 g fibre, 10 mg chol, 35 mg sodium, 398 mg potassium. % RDI: 6% calcium, 9% iron, 5% vit A, 10% vit C, 3% folate.

Sweet Noodle Custard

Prep: 5 minutes
Cook: 10 minutes
Makes: 6 to 8 servings

5 oz (150 g) **fine vermicelli** or capellini (angel hair) pasta
2 cups (500 mL) whole or homogenized **milk**
¾ cup (175 mL) **granulated sugar**
Grated **rind of 1 lemon**
¼ cup (60 mL) **unsalted butter**
4 **egg yolks,** beaten
Cinnamon

In large pot of boiling water, cook vermicelli for half the time indicated on package directions; drain.

In saucepan, bring milk, sugar and lemon rind to boil; add vermicelli and return to boil. Reduce heat to medium; simmer until vermicelli is soft. Stir in butter until melted. Remove from heat.

Beat about ½ cup (125 mL) of the hot liquid into egg yolks; stir into pan. Cook over low heat, stirring constantly and without simmering, until thickened enough to coat spoon, 3 to 5 minutes. Let cool in pan for 5 minutes.

Transfer to serving plate. Sprinkle with cinnamon to taste. Serve warm or at room temperature.

PER EACH OF 8 SERVINGS: about 258 cal, 6 g pro, 11 g total fat (6 g sat. fat), 35 g carb, 1 g fibre, 125 mg chol, 35 mg sodium, 119 mg potassium. % RDI: 8% calcium, 7% iron, 11% vit A, 2% vit C, 24% folate.

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Our Nutrition Information

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat). Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced, whereas the intake from food sources of potassium should be increased to 4,700 mg per day. Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate. Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients or those with no specified amounts.

Abbreviations:

cal = calories
pro = protein
carb = carbohydrate
sat. fat = saturated fat
chol = cholesterol

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Homemade Chicken Broth

Prep: 10 minutes
Cook: 4 hours
Makes: 8 cups (2 L)

1 **stewing hen** (or 3 lb/1.5 kg chicken)
3 each **carrots** and **onions** (unpeeled), coarsely chopped
3 ribs **celery,** coarsely chopped
1 cup (250 mL) sliced **mushrooms** (stems and/or caps)
3 cloves **garlic,** smashed
10 sprigs **fresh parsley**
½ tsp (2 mL) each **dried thyme** and **peppercorns**
2 **bay leaves**
8 cups (2 L) **cold water**

Place hen in large stockpot or slow cooker. Add carrots, onions, celery, mushrooms, garlic, parsley, thyme, peppercorns and bay leaves; pour in water.

Cover and cook on low heat until richly flavoured, about 4 hours on stove top or 8 to 10 hours in slow cooker. Discard hen.

Strain stock through cheesecloth-lined sieve into large bowl, pressing vegetables to extract liquid. Remove fat.

PER 1 CUP (250 mL): about 39 cal, 5 g pro, 1 g total fat (trace sat. fat), 1 g carb, 0 g fibre, 1 mg chol, 32 mg sodium. % RDI: 1% calcium, 4% iron, 2% folate.

VARIATION

Homemade Vegetable Broth

Omit stewing hen. Add 1 plum tomato, chopped, and 1 pkg (14 g) dried mushrooms.

DRIED BEANS

Most dried beans (or legumes) need to be soaked before cooking. Here are some guidelines.

SOAKING

- Rinse and soak dried beans overnight in three times their volume of water. Or for the quick-soak method, bring to boil and boil gently for 2 minutes. Remove from heat, cover and let stand for 1 hour. Drain.
- In saucepan, cover beans again with three times their volume of water and bring to boil. Reduce heat, cover and simmer for 30 to 80 minutes, depending on bean variety (see "Cooking Times," below), or until tender. Drain, reserving cooking liquid to use in cooking.
- To calculate yields, 1 cup (250 mL) dried beans simmers into about 2 cups (500 mL) cooked beans (can yield up to ½ cup/125 mL more depending on bean variety).

COOKING TIMES

- Cooking times vary among dried beans. The soaking method also changes cooking time: count on 5 to 10 minutes less cooking time if using quick-soak method.
- Start checking beans, regardless of soaking method, by tasting them about 10 minutes before suggested cooking time and then every 5 minutes thereafter. A well-cooked bean is tender and easy to squash in your mouth.
- Black beans: 30 minutes
- Black-eyed peas: 35 minutes
- Chickpeas: 45 minutes
- Kidney beans (white and red): 50 minutes
- Large lima beans: 55 minutes
- Navy beans: 40 minutes
- Romano beans: 45 minutes

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Suggested serving.

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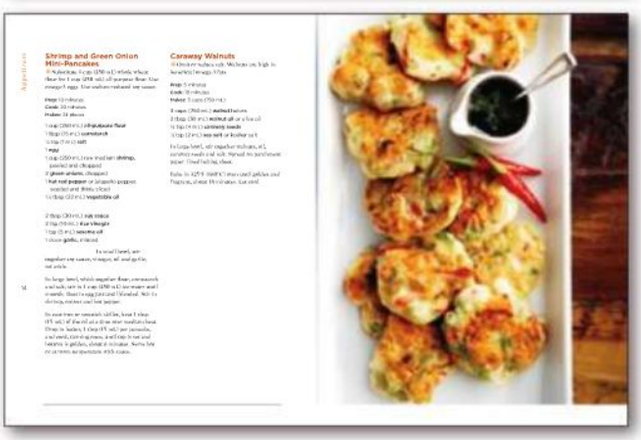

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